



HENRIETTE VAN PRAAG, CHRIS APPLETON, MARTIN FLANAGAN, MICHAEL SHORT, BRIDIE SMITH, POETRY FROM DAVID CAMPBELL





Put us where we're needed. Please put us in your Will.

If you were to witness a crisis today – a road accident, a house fire, a neighbour in difficulty or, further from home, a famine, earthquake or war – your first instinct would probably be to help.

Now you can put that instinct – so powerful, so human – at the heart of your Will by including a gift to Australian Red Cross.

For almost 100 years we have helped people in crisis – you can ensure we are still here to help for years to come.

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MEDIA FEATURE

Support a charity in your Will

Red Cross is encouraging us all to prepare a Will and to consider leaving a gift to charity.

Ian Williamson from Red Cross says "Australia is one of the most charitable nations in the world, with almost three in four of us supporting a charity at some time during our lifetime.

"We hold morning teas, shave our heads, run marathons, dress in red, shake tins, bake cakes, hike thousands of kilometres and jump out of planes, all in the name of our favourite charities.

"When it comes to remembering these charities in our Wills, however most of us don't do it; in fact only 7% of Australians leave a charitable gift in their Will.

"Gifts in Wills are worth almost \$500 million a year to charities.

"A final gift in your Will to Red Cross" says Mr Williamson, "will help ensure Red Cross is still around for generations to come to meet the needs of the most vulnerable people in our local communities.

"With more than 100 million volunteers worldwide and 60,000 members and volunteers in Australia Red Cross reaches people and places like nobody else.

"Australian Red Cross works closely with Red Cross and Red Crescent partners overseas to help provide adequate water, sanitation and community health programs.

"We recently we saw how the worst drought in 60 years threatened the lives and health of an estimated 12 million people in East Africa.

"Unfortunately Australia is far from immune from hunger and malnutrition."

"Aboriginal and Torres Strait Islander communities, families on low incomes, people who are homeless, asylum seekers and refugees, and socially isolated older people often experience high levels of food insecurity

"The prevalence of food insecurity may range up to 25% in disadvantaged urban areas and up to 75% among newly-arrived refugees.

"Cost and availability of healthy food varies significantly across Australia.

"In 2010 a Healthy Food Access Basket survey in the Northern Territory revealed that the cost of the food basket in remote areas was 43% more expensive than in Darwin supermarkets.

From the Publisher Greg T Ross

ravelling around this country and meeting great Australians who honour the legacy that has been left to us is the sunny side of this job. Giving Australians from all walks of life a feeling of community is another benefit that comes from producing 'The Last Post Magazine'. Every day we see acts of generosity and compassion that reflect the ANZAC spirit. Whether it's as simple as giving someone a second chance or enacting positive action, these things are all around us, benefitting both individuals and community's.

Summer is a very important part of the Australian culture and in this issue we speak with Tony Bonner about the Manly Life Saving Club, it's history and plans for the future. The club has been an important part of the Australian ethos and community culture now for 100 years and we help celebrate the club's milestone with this great article. During the chat, Tony also let's us in on what he's been up to of late.

As we get very close to Christmas, The Last Post also sat down with well known Chef and star of televisions Conviction Kitchen, Ian Curley. In the chat, Ian shares his passion for cooking and for helping others and for why he came to Australia. It is an inspirational interview. Myer Family Company philanthropist, Peter Winneke also took time out to share his view on how Australians that can afford it, might best help others and how travelling as a student opened up his mind to life outside Australia.

The Anglican Archbishop of Melbourne, Dr. Philip Freir gives an important Christmas message for readers to contemplate and there's the magazine's summer foreword, provided by Federal Minister Warren Snowdon.

Actress and counsellor Anne Lambert speaks with us about growing up, acting and ways that we can help ourselves. Australian writer, commentator and former sporting great, Peter FitzSimons also took time out to speak with 'The Last Post Magazine' about what it means to be Australian. We also include a chat I had with legendary Australian sculptor, Peter Corlett. Peter's 'Cobbers' is on the cover of the summer edition, photographed by great Australian photographer, Susan Gordon-Brown. Another great young Australian photographer, Ashleigh Jackson has captured some beautiful images of Greece in our Greek food and culture article.

Stories from Michael Short, Murray Walding, Martin Flanagan, Deborah Smith, Henriette van Praag and Bridie Smith make good holiday reading and there's a poem from award-winning Australian poet, David Campbell. There's a look at Prof Fiona Stanley and Alex Tillack who helped to build the Great Ocean Road during the Depression.

Brigadier Chris Appleton has written a great piece about the preparing for Anzac Day 2012 in France, cartoonist Ron Tandberg has been entertaining us for years by making us think and laugh at the same time. Ron's take on Black Caviar is also part of this issues reading.

In this holiday issue we also take a look at Urrbrae Agricultural High School that is living the Anzac spirit with it's agricultural and environmental work. A good read.

As far as tennis goes, The Australian Open and it's history is part of Australia's summer and we take a look at that through the eye's of Australian tennis great, Neale Fraser.

In 'Whatever Happened To ...? we look at a great Australian group from the sixties, The Town Criers.

There's other stuff too but I won't hold up things any longer but to wish you all a Merry Christmas and Happy 2012.

It is with great respect that 'The Last Post Magazine' pays homage and gives thanks to all those that gave their lives and time and continue to do so to maintain what we have, the freedom to dream and power to enact.

Greg T Ross
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anks...

hanks to the following for their help with 'The Last Post' summer edition:

Thanks to – Legacy, Outward Bound Australia, The Salvation Army, Defence Health, The National Film and Sound Archive, Minister Warren Snowdon, Glenorchy RSL, Colac RSL, General Sir John Monash Foundation, the Myer Family Company, Peter FitzSimons, Tennis Australia, Australian Red Cross, VVCS, DVA, ILM Hospitality, St Vincent de Paul Society, Urrbrae Agricultural High, Wild Fox Wines, Geelong RSL, The Surf Travel Company, Office of Australian War Graves, Tony Bonner, Jonathon Welch, Anne Lambert, Ian Curley, Peter Winneke, Peter Corlett, Alex Tillack, Colac Otway Shire, Neale Fraser, Barry Smith, Peter Smith, Murray Walding, Michael Short, Ron Tandberg, Martin Flanagan, Bridie Smith, Henrieete van Praag, Finsbury Green, Mason Gray Strange, Deborah Smith, David Campbell, National Sports Museum, Susan Gordon-Brown, Ashleigh Jackson, the Anglican Architecture.



By The Hon. Warren Snowdon, MP

Minister for Veterans' Affairs

Minister for Defence Science and Personnel

Minister Assisting the Prime Minister on the Centenary on Anzac

It is worth reflecting on what has been a significant year of commemoration.

I had the privilege of commemorating our Anzacs, those who have served and died for our country in war, conflicts and peace operations on a number of foreign battlefields. I was amongst 6,500 people in Turkey, helping mark the 96th anniversary of the Australian and New Zealand landings at Gallipoli. I also was privileged to join veterans to attend the commemorations for the 70th Anniversary of the Battles of Crete and Greece and the 60th anniversary of Korean War.

The passing of Claude Chules in May this year severed the world's last living link to the First World War. I believe he represented something of all our men and women; a modest, unassuming and good man.

This year we announced the graves of recipients of Australia's highest honours for bravery will be protected under a new program that will provide for the maintenance in perpetuity of the graves of all Australian Victoria Cross, Cross of Valour and George Cross recipients.

We will reflect on a century of the Anzac spirit and what the past century means for our modern nation between 2014 and 2018, when Australia commemorates 100 years since the First World War.

I was honoured to be given the ministerial responsibility of assisting the Prime Minister on the Centenary of Anzac.

Much progress has been made towards commemorating the Centenary of Anzac. We have established the Anzac Centenary Advisory Board, chaired by Air Chief Marshal Angus Houston AC AFC (Ret'd) which will lead the development of the Anzac Centenary commemoration. The board is taking on the important role of putting together a program which respects the veteran community and the enduring memory of our wartime history.

The first major project is underway, with the Australian Government providing an initial \$1.6 million to establish an Albany interpretive centre in Western Australia. It will be completed in time to commemorate 100 years since the departure of the first ANZACs in Albany in 1914.

An institution that will be vital to the Anzac Centenary is the Australian War Memorial, and the Australian Government this year announced addition core funding and support to begin the redevelopment of the Memorial's First World War galleries.

I look forward to working with the Ex-Service Community on these important commemorations. I would like to take this opportunity to thank the veteran community for their support over the past 12 months while I have been Minister for Veterans' Affairs.

I wish you a safe, happy and healthy festive season and I look forward to working with the veteran community in the New Year.



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FEATURES

- 15 Never Home For Lunch by Michael Short
- Run for your brain's sake by Henriette van Praag
- 30 SEATO nurses in Vietnam Fight For Care
- 32 Just a Boy The story of Colac's Alex Tillack and The Great Ocean Road
- 34 Eurack Avenue of Honour
- 38 Drugs may let us live to 150 by Deborah Smith
- 40 We will remember Preparing for Anzac Day in France 2012 by Chris Appleton
- 48 Tony Bonner talks to The Last Post about Manly Life Saving Club
- 50 Gallipoli Survey Reveals Artefacts
- Portaits of WW1 Diggers Revealed by Bridie Smith
- 74 Another Big Set by 'The History of Australian Surfing' author Murray Walding
- 78 In a land of sweeping plains, poetry is hardly thriving by David Campbell

PEOPLE

- Asleep at The Wheel A conversation with Myer family company's Peter Winneke
- 36 A conversation with Chef Ian Curley
- 46 Professor Fiona Stanley
- A conversation with author and media personality Peter FitzSimons
- All Things Creative A conversatin with Anne Lambert
- 70 A Conversation with Sculptor Peter Corlett

EDUCATION

- 20 Anzac Day Honours to Schools Across the Nation
- 24 Education and the Anzac spirit

SPORT

- 11 Neale Fraser talks to The Last Post about the Australian Open
- 52 History of SUP (Stand Up Paddle)
- 72 Black Caviar
- 73 A Melbourne Cup Result That Left Us Weary by Martin Flanagan

CULTURE & CUISINE

42 Greece - Greek food and culture in Australia

FINANCE

55 Taylor Collison's Mark Harris talks about finance

YOUR RSL AT WORK

- 8 The RSL Foundation and State Branches
- 35 The Last Post takes a look at Colac RSL
- The Last Post takes a look at Geelong RSL

WHATEVER HAPPENED TO ...?

76 Whatever happened to The Town Criers?

BEQUESTS

- 60 Bridging the Islotion St Vincent de Paul Society
- 66 Legacy Changed My Life Miriam Zariffa Case Study



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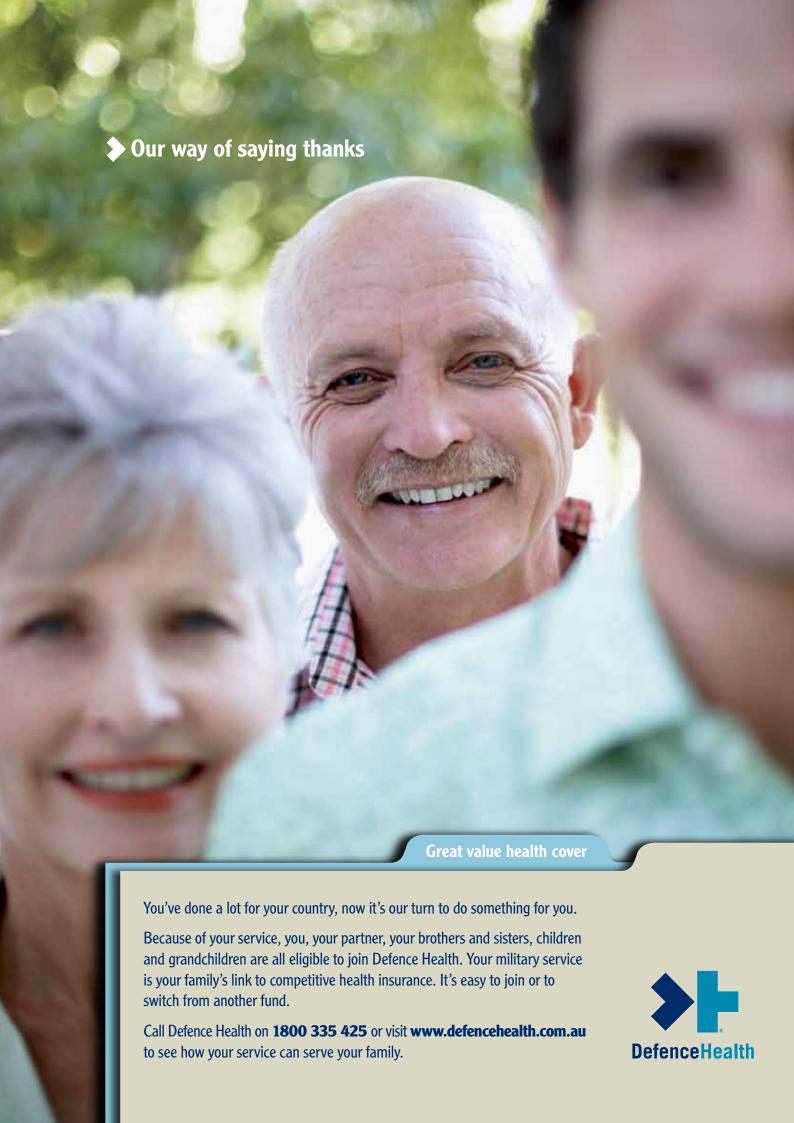
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COVER

Front Cover Image: Peter Corlett's Cobbers By Susan Gordon-Brown

NEXT EDITION:

Coming up in the Autumn edition of 'The Last Post': Jonathon Welch, Peter Yeo, Peter Goers, Malcolm Fraser and more...



Remembrance Day (also known as Poppy Day or Armistice Day) is a memorial day observed in

Remembrance Day (also known as Poppy Day or Armistice Day) is a memorial day observed in Commonwealth countries since the end of World War I to remember the members of their armed forces who have died in the line of duty. This day, or alternative dates, are also recognized as special days for war remembrances in many non-Commonwealth countries. Remembrance Day is observed on 11 November to recall the official end of World War I on that date in 1918; hostilities formally ended "at the 11th hour of the 11th day of the 11th month" of 1918 with the German signing of the Armistice ("at the 11th hour" refers to the passing of the 11th hour, or 11:00 a.m.)

The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields". These poppies bloomed across some of the worst battlefields of Flanders in World War I, their brilliant red colour an appropriate symbol

'In Flanders Fields'

by John McCrae
Canadian poet, physician, author, artist and soldier.
Born Nov 30th, 1872 Ontario, Canada
Died Jan 28th, 1918 Boulogne-sur-Mer, France.

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:

To you from failing hands we throw

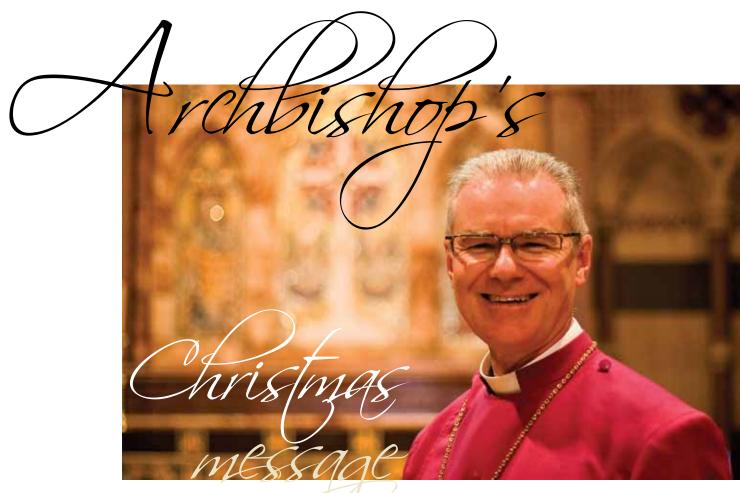
The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow

In Flanders fields.





"Christmas confronts a tired and worried world with the challenge to hope for a resolution out of all that we know is broken and hurt. Our world circumstances are not so much different from those of the period of Jesus' birth.

Where we have the United States of America as the single world superpower, the ancient world had imperial Rome as the unchallenged power of all of the lands around the Mediterranean Sea. Judea was a small and distant part of the Roman Empire but was one that had shown itself to be a problem area after the uprising of the Maccabees just a generation before. Judea was an occupied country where alliances were formed between the local elites and the Romans. What was seen as a pragmatic solution by one was seen as sacrilege by another. Passions ran hot; many looked for the hand of God to direct the future and to vanguish the Roman invaders. It was into this world that Jesus was born. Far from having membership of any of these ruling elites, he was born in a stable in Bethlehem, unheralded except through the miraculous revelations to the shepherds and the wise men from the East.

In a way that is hard for us to understand today, any claim of divine authority immediately came into conflict with earthly power. Where we have become used to looking at politics and religion as different, they were so inextricably mixed in the ancient world that even an apparently benign request by King Herod for the wise men to report to him where the star had led them was recognised for what it was, a chance to find and destroy a potential rival. The risk of detection still remained and there seemed no option for Joseph and Mary to take the baby Jesus and flee into the relative obscurity of exile in Egypt until the immediate threat passed. We have only the barest of details recorded in the New Testament about the early years of Jesus' life, probably because of an intentional desire of Joseph and Mary to keep to themselves the secret of God's purposes they knew existed for the child.

In the light of all these things it is not surprising that Jesus' public ministry was short, a bare three years, and that his life was ended through a sentence of execution by the authority of the Roman Governor. Even at the time his birth, the shadow of those things that would come to be known by us as the events of Easter are well and truly present. Christians of course don't seek to avoid the events of Easter, Jesus' passion, death and resurrection, as they provide the framework for understanding the importance of what God was doing for the world in Jesus. Understood this way the celebration of Christmas can be a truly joyful time of hope. We can find a reassurance that God knows the troubles of the world and is so involved in a finding a different way forward for us that he sent his Son to be one with us.

This understanding calls us into a much deeper experience than the simple cultural recognition of Christmas ever could.

May you know the joy of hope that Christmas announces to the world."

The Most Reverend Dr Philip Freier Anglican Archbishop of Melbourne

The RSL Foundation

The RSL Foundation was instituted in 2000 as an approved Trust Fund to provide welfare and other activities in the public interest, for the benefit of returned and service personnel and the public generally. It seeks to continue the work of the RSL which was begun by our Gallipoli veterans

Objectives of the Trust

Particular objectives of the Trust include:

- · monitoring the status and welfare needs of serving Defence Force personnel, their families and the public, including conditions of service and provision of health care;
- providing welfare support to returned and service personnel, their families and the public;
- promoting understanding, peace and goodwill amongst mankind within Australia and internationally, including through exchange programs, awards, remembrance activities and
- · promoting excellence amongst serving personnel of the Australian Defence Force;
- providing independent commentary on defence issues affecting returned and service personnel, their families and the public generally; and
- providing representation and recognition for returned and service personnel and their families on public interest committees and other forums.









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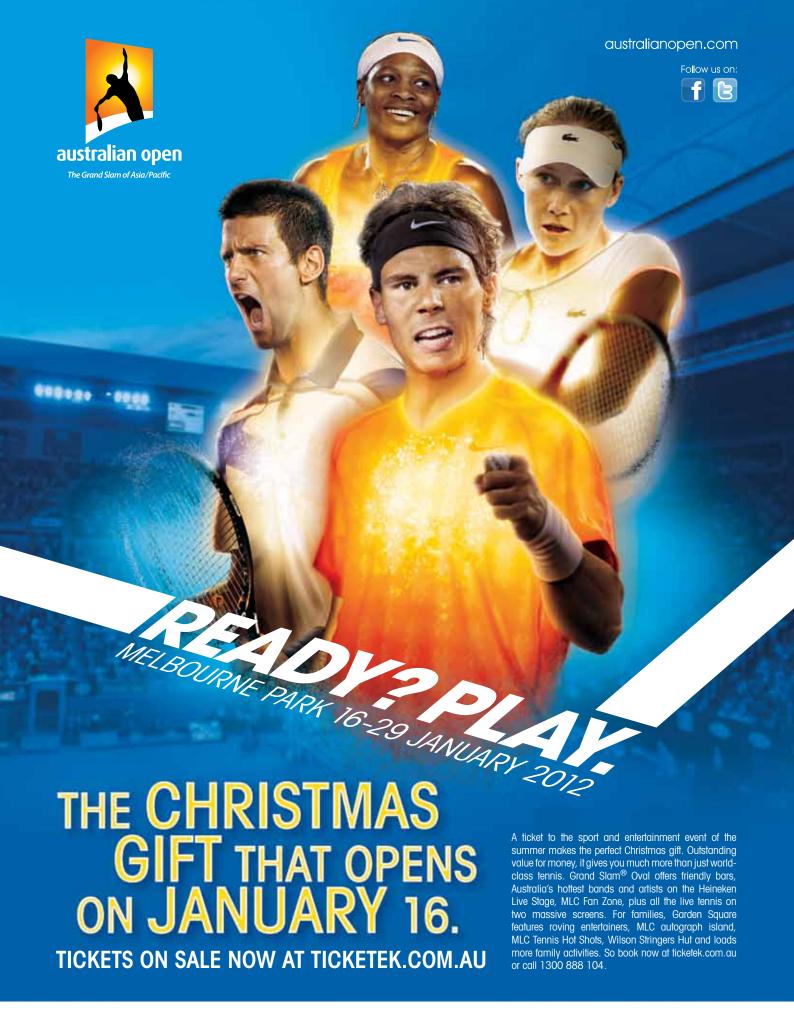
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talks to The Last Post about the Australian Open

Neale Andrew Fraser AO, MBE (born 3 October 1933) is a former tennis player from Australia, born in Melbourne, Victoria, the son of a Victorian judge. He began playing tennis at age 11 and attended St. Kevin's College, Melbourne (Class of 1950) where he became Captain of Tennis at the school.

Left to right, Frank Sedgman, Neale Fraser and Roy Emerson Australia Hall of Fame from 1997 until 2005. In 2008 he received the International Tennis Federation's highest honour, the Phillippe Chartier Award for outstanding achievements in tennis.

Fraser was also the Centenary Ambassador for Davis Cup, and was the first recipient of the ITF and International Hall of Fame's Davis Cup Award of Excellence.

Neale Fraser is married with children and grandchildren. He was voted Victorian Father of the Year in 1974.

TLP: Thanks for joining us at The Last Post magazine Neale. How important is tennis to Australia?

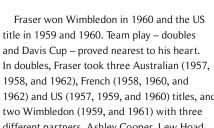
NF: It's one of the most important sports in Australia and one of the most important sports in the world simply because of all the advantages it's got. It's a sport that can be played from a very young age to a very mature age. It's played all around the world. It doesn't matter where you might go in life, with your work or marriage, there'll always be tennis courts. It's a game that can be played indoors or outdoors and it's a game that families can play together...it's great exercise. It has so many pluses and I'd like to see more people playing

TLP: In light of your answer to that, how important is the Australian Open? NF: It's a very important event. It's one of the top four in the world with the Grand Slam events, Wimbledon, the US Open, the French

Open and the Australian Open. We're very fortunate in that regard, being in the top four and the money that is generated through our Open allows Tennis Australia to spend money on programs and development of the game with facilities and player development and that filters down to community tennis as well and it's a great help to Tennis Australia to generate the income for the things I've mentioned. TLP: A lot of players rate it as their favorite Grand Slam.

NF: Yes, I often read about that and I suppose that's got a lot to do with our climate. A lot of them are coming down to Australia at that time of the year when the Northern Hemisphere is pretty cold. They enjoy the weather as well as the great facilities. We've probably got the best facility in the world for a Grand Slam and we continue to upgrade it and that's another reason the players enjoy coming here.

TLP: How is Australian tennis at the moment? NF: It's not as good as we would like it to be as far as dominance of world tennis. Like everything, you have highs and lows and at the moment, I'd like to think we're on the way up, hoping to get back close to where we were even ten years age but it's a tough road we're on at the moment. Just about every other country has now discovered tennis as a marketing tool for their country so the competition is a lot harder than it was and we're going to have to work harder still. Another thing is that we have a lot of other sports to compete with. A lot of other



1962) and US (1957, 1959, and 1960) titles, and different partners, Ashley Cooper, Lew Hoad, and Roy Emerson.

Fraser was also successful in the mixed doubles, winning the Australian in 1956 with Beryl Penrose, Wimbledon in 1962, and the US from 1958 to 1960 with Margaret Osborne Du Pont. He holds the distinction of having won the US National (now Open) singles, doubles and mixed doubles titles in 1959 and then successfully defending those titles a year later. Since that time, no one has equaled that feat in a single year, let alone successively.

He was ranked number one in 1959 and 1960 and was in the top ten every year between 1956 and 1962. He retired in 1963.

Fraser became Davis Cup Captain for the Australian team in 1970, holding the position for a record 24 years and piloting Australia to four wins in 1973, 1977, 1983 and 1986, and recording 55 wins from 75 ties played.

Fraser is one of the twenty men to win all four majors in doubles and in 1984 he was elected into the International Tennis Hall of

He was honoured with an MBE in 1974 and an AO in 1988. He was Chairman of the Sport



countries don't have the diversity of sports that we do and we must overcome that as well. TLP: Sam Stosur's going well.

NF: Sam's just fantastic. She's a regular in the top ten in the world and she's broken that barrier of winning a grand slam and we hope there's more to come whilst realising they're hard to come by. She'll have to be at the top of her game to do well here at Rod Laver Arena but she's got the ability and hopefully, the confidence from being a Grand Slam winner. In the men's game we'll be relying on Lleyton Hewitt although he's finding it a bit more difficult these days. We're relying too on Bernard Tomic to come up. We'll keep the rest of the world honest but we probably won't dominate as we have done in the past. TLP: The success of our tennis in this country

in the 60's and 70's...and before that too, almost created it's own lifestyle with tennis such a large part of our sporting image. We expected success.

NF: That's right. We were a big fish in a small pond in those days and now it's the reverse. I was lucky to come up in that era. It was just fantastic...for myself and Australian tennis. TLP: Many happy memories for you as a player and coach. Any that stand out?

NF: As a player, I don't think there's any doubt that winning the 5th rubber of a Davis Cup tie against America when we were two-all. That was a highlight but after that I did go on to win Wimbledon. But I do think that winning the Davis Cup for your country when you're away from Australia is hard to beat.

TLP: And as a coach, you were coaching when John Alexander beat that Italian chap in five

NF: Yes, the '77 Davis Cup we beat the Italians at White City. Probably also '73 when we gathered together probably the greatest team Australia's ever seen on a Davis Cup court. Probably the greatest team any country's

put together for the Davis Cup. We had John Newcombe, Rod Laver, Ken Rosewall and Mal Anderson. All on the mature side but still great players and we won the Cup in Cleveland in '73. TLP: Stan Smith and Bob Lutz?

NF: Stan Smith and Tom Gorman for America ? Oh yeah and the two Davis Cup finals we had here in Melbourne...'83 and '86 when we played Sweden. Beautiful weather, great surroundings and I think most people will remember Pat Cash taking the vital fourth rubber against Mikael Pernfors when he'd been 0-2 sets down. To see him and to watch him come back from that position and win, that is another highlight.

TLP: Tennis brings out a lot in people, character building?

NF: Very much so. You're an individual on the court, playing singles. You've got to think for yourself and prepare and it's a very healthy sport as well. I recommend it above all other sports but you can understand that, I guess. TLP: Ha. Of course. Are you getting along to 12 Australian Open?

NF: Oh, yes. I'm here most days. I always look forward to it, to see the Australians of course and our juniors. I doesn't matter where you are in the centre court, you've got a great seat. With the tremendous facilities we're really looking forward to this one as well as some beautiful weather and bumper crowds. TLP: Any tips or favourites for the 2012 Open? NF: There's a lot with a chance both in the Men's and Women's. It's a bit up in the air as to who will be Number One in the Women's at the end of this year. All the Grand Slam's have had different winners so the Women's is more open than ever before. The Mens? There's four there, Federer, Murray, Nadal and Djokovic.

TLP: Thanks Neale and hope to catch you at the Open.

NF: It's a pleasure, all the best.

TENNIS SA **LEGENDS** LUNCH

Dine alongside John McEnroe and Patrick Rafter at the highly anticipated Tennis SA Legends Club Luncheon on Thursday 12th January 2012. All proceeds from the luncheon will support the Ken McGregor Foundation, which has been established to foster the development of our next generation of tennis champions and to provide additional tennis opportunities for athletes with a disability.

WHEN:

Thursday 12 January 2012

1.00pm - 4.00pm

WHERE:

Ballroom, InterContinental Adelaide

DRESS:

Business attire

INCLUDES:

Two course meal. Drinks include beer, wine and soft drink

Individuals \$140, table of ten \$1,100

2012 guest speakers include John McEnroe and Patrick Rafter.

Book now via ticketek.com.au or call 13 28 49





Addressing the Returned and Services League of Australia's National Congress in Melbourne in September the Minister for Veterans' Affairs, Warren Snowdon outlined challenges faced by the Australian Government in servicing the changing demographic of Australia's war veterans.

"While we continue to look after our older generations of veterans, we must also transition to the needs of the current generation.

"We must recognise that the experience of an Australian Defence Force member today is quite different to that of previous generations of servicemen and women," Mr Snowdon said.

"The average age of our Second World War veteran is 89, compared to the average age of our current serving ADF personnel at 28 years. More than likely they have been deployed to the Middle East, or on other overseas operations such as East Timor. Many have been deployed more than once, and almost all will pursue other careers."

"While we have a comprehensive system of support and compensation for older members of the veteran community, we must ensure support remains relevant to younger clients. It's not an easy task, but it's one we in government are dedicated to and are working hard on.

"This transition is also a priority for the RSL and other ex-service organisations."

Mr Snowdon said the Government had focused on programs tailored to meet the needs of this new generation of veterans.

"Support programs are being enhanced to ensure they reach across both the Australian Defence Organisation and Veterans' Affairs to assist those ADF members that require help through the transition process from military to civilian life.

"We have developed the Support to Wounded, Injured and III Program (SWIIP) to support ADF members dealing with injury, physical and mental health issues, accessing information on their entitlements and ultimately improving their transition to civilian life."

Defence is providing dedicated support staff and in-house rehabilitation services across all three services and from next month, 57 Veterans' Affairs staff will have an on-base presence across 25 Defence establishments.

There are also initiatives such as the new Joint eHealth Data and Information system - JeHDI - which will eventually ensure the transfer of health information between

agencies and will considerably speed up the assessment of claims. IT systems are also being developed that will allow individuals to claim online and track the progress of those claims.

The Australian Government has also announced Professor Michael Reade would take up the appointment as the inaugural Chair of Military Surgery and Medicine at the University of Queensland to lead military research with a focus on the unique requirements of Defence in pre-hospital care, trauma, burns, damage control, resuscitation and surgery.

Defence and DVA also have an increased focus on supporting families of veterans. A new initiative aimed at the new generation of families is the FamilySMART program that involves 26 Defence social workers delivering small group programs to the partners of ADF members.

"By undertaking this work now, we will be better placed and prepared for the future and working hand-in-hand with Defence and ex-service organisations such as the RSL," Mr Snowdon said.



Never Home for Lunch

Retirement can be a terrifying prospect for many men. But David Bardas's experience is that there is much to be made of life after work, writes Michael Short.

Until recently, generation after generation adhered to the notion that a person finds a job or a career, works at it full-time for about 40 years and then retires. And that meant for many people that their self-esteem and social status, their very being, were largely determined and defined by their paid work.

This applied particularly to men, who traditionally had the role of main income-earner for a household. Life expectancies were such that it was usual for a man to die not that many years after he retired.

For many people, especially those who had a dullish job rather than a stimulating vocation, the conventional idea of retirement was welcome.

But for legions of others now reaching retirement age it's confronting to the point of terrifying. And so there's a multitude of men either poised to go through a crisis or already in the throes of one. Given that people are living longer, retirement can loom as a long, dark period for men who have happily occupied themselves with full time work for decades.

That existential crisis can be associated with depression and even despair. But it is also an opportunity to create a joyful and meaningful melange of activities, some of them paid if need be.

The key is to abandon the whole concept of retirement. It has been rendered redundant by augmented longevity, greater flexibility in the workplace, the growth of options and opportunities in the not-for-profit sector - and the need for people to contribute longer to an economy in which the relative size of the fulltime workforce has diminished.

David Bardas, 73, is here in The Zone, having found a road from forced retirement more than 15 years ago to a life once again laden with activity, creativity and joy. (Along the way he has also lost the love of his life when his wife, Sandra, died late in 2007.)

He says the hardest thing he has had to do was come home unexpectedly and tell Sandra and their six children that his business had hit such hard times he had been forced out by his financiers.

It was more than just a business, it was his passion. When his father died, 22-year old David Bardas took over Sportsgirl and built it into the Sportsgirl Sportcraft Group, which had 3000

...RETIREMENT CAN LOOM AS A LONG, DARK PERIOD FOR MEN WHO HAVE HAPPILY OCCUPIED THEMSELVES WITH FULL TIME WORK FOR DECADES.

staff and almost 150 shops. The end came in 1994 after he over-extended by taking on a huge debt to build a massive centre in Collins Street.

"You become a non-person. People say, 'Well, what are you doing now?' And unless you're doing something specific, you've almost disappeared off the screen. You feel quite deeply that you've let the entrepreneurial team down, or stuffed up. You don't quite become persona non grata but the phone does stop ringing."

Bardas talks of the "L Plates" he's worn along his route from professional catastrophe to dealing with the portfolio of things that occupy him now. Those plates are: Live; Love; Laugh; Lighten up; Listen; Learn; Let go.

The first thing he did was typical of men in crisis - he retreated to his "shed" in the garden. There he took up a pen.

"The original intention was to write haikus, but I didn't have enough technical knowledge to do that. So I started writing poetry and then I was surprised to find that when you write, it's like a painter with a blank sheet of paper - you don't know what's going to come out. So, I enjoyed that process and I've kept at it."

Some 40 books of poetry later, he's still at it and has just conceptualised his first play, Home for Lunch, co-written by Rebecca Lister, who won a coveted award from the Australian Writers Guild for her 2006 play Through the Mist.

Home for Lunch, which opens in June, uses much humour to examine life after work and answer the question looming for so many baby boomers: how will I spend my time? While humorous, it also comes directly from the trauma Bardas experienced when he was shoved into retirement.

"One of my conscious endeavours was not to crowd my wife and not to be home for lunch and to get into her space. And this is the subject of a play that I've worked on. And if she's on the phone, never to say, 'Who's that?' When she's going out: 'When will you be back?' I was very conscious it was her space that I'd come back into."

Part of his pain was a gender thing, something the play examines from both sides. "The play is about somebody coming home for lunch, coming into his partner's space. There's a person who'd been away working for 20, 30-odd years.

"They feel they're crowding their partner, their other half. They don't want to obligate the person. They want to give that person their space and their freedom. And the play is about how this resolves itself...

"I find when people say to me, 'What's the play about?' and I tell them very briefly, it's the

women who really smile and say, 'Yes, that's right.' Because, generally speaking, the women don't want to feel crowded. 'He's gone off to work and that's his world, and I've got my world.' And it does cause some difficulties.'

In the immediate period after he stopped working, Bardas's difficulties were typical of men who have put most of their time and effort lives. into their profession

'The loss of self-respect in the male, I think that filters down through the family. But one of the things I've learnt is for things to change, you have to change. The world has changed." He likes butterflies for the metamorphosis. What's his ng retirement? advice

much, be very You've got all this ask you. It's a bit like got to find out for themselves, wet paint; they've they've got to go and make their own mistakes. There's mentoring, volunteering. There's helpi worthy causes. You can be very busy."

n the poetry, his post-retirem included several books, a sti Along portfolio Melbourne city co ncillor, learning Frenc velling. He also par to the gym an in several charities, among them the Ligh Foundation, Worowa Aboriginal College a the Gawler Foundation. He set up the Spiritg Meditation Centre in Sandra's memory.

David Bardas's wealth means he has more options than most men. But that should not be overstated, and does not negate the broader point here. When you ask people to list spontaneously the 10 things they prefer doing and/or would like most to try, you find that most of the things on the list do not require a lot of money. They do generally require time and health, physical and mental. The rest of it is achieved, pretty much, by simply turning up and trying.

My father turns 75 this year. Last month he was part of a group that cycled 500 kilometres through Thailand and Cambodia to raise money for the Epworth Hospital, where in the past decade he's had coronary surgery, a pacemaker

planted and a hip replaced. Until a few months before the trip, he had not really been on a bike since his teens. If you'd suggested to him in his 40's or 50's that he would do such a thing, he would have bet his life on you being wrong.

I should put Dad and Dave in touch. They'd probably get on pretty well; might even end up writing a play together. Lunch would be all-but certain, and more than likely would not be at home. The Age.

The John Monash Scholarships



SUPPORTING FUTURE GENERATIONS OF AUSTRALIAN LEADERSHIP IN THE VISION OF SIR JOHN MONASH

The General Sir John Monash Foundation (www.monashawards.org) is an organisation set up to support opportunities for outstanding Australian leaders. The Foundation was established in 2001 to offer elite scholarships for postgraduate study to outstanding Australians. The John Monash Scholarship is a uniquely Australian award that is now regarded as the same rank as the Rhodes Scholarship (to Oxford) and the Fulbright Scholarship (to the USA).

Sir John Monash is widely recognised as one of the greatest of Australian leaders. Born in 1865 in country Victoria, he was trained as an engineer, and introduced reinforced concrete to Australia for the construction of bridges. He came to prominence as a citizen soldier, leading Australian forces at Gallipoli and in France in the First World War. Commentators and military historians regard him as the finest general of that war. Upon return, Monash was instrumental in the development of the Latrobe Valley coal resources, and the electrification of Victoria. He was also the driving force behind the institution of ANZAC Day and the Shrine of Remembrance in Melbourne. When he died in 1931, 250,000 mourners attended his funeral.

John Monash Scholars must have outstanding academic records from their Australian university. They must also have demonstrated their leadership capabilities, and involvement in community activities. Around 200 of the best university graduates from around Australia apply each year. State selection panels – comprised of business, community, and academic leaders









Clockwise from top left: Dr Mark Dawson, winner of the Wellcome-Beit Fellowship and a leading leukemia researcher at Cambridge, UK; Ms Catherine Stubberfield, with the Australian Embassy at Phnom Penh in Cambodia; Dr Mark Schembri, prize-winning veterinary scientist at Harvard; Dr Danielle Malek, Senior Legal Counsel with the World Bank in Washington, USA

"...FOR THE HIGHER DUTIES OF CITIZENSHIP AND FOR ROLES OF LEADERSHIP IN ALL FIELDS TO MAKE AUSTRALIA GREAT." - SIR JOHN MONASH

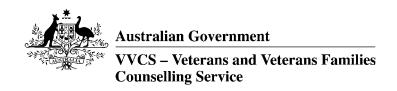
– interview about a third of these, and narrow down to the top eighteen, who are interviewed by a National Selection Panel in November.

Eight John Monash Scholars are announced each year, with certificates awarded by the Governor-General in Canberra each March. Each Scholar receives A\$50,000 per year for up to three years, to study for a Masters or a PhD at a prestigious overseas university of their choice.

Since 2004, seventy-two John Monash Scholars have been elected, and thirty-six have now completed their courses. There is no bias for a particular field, so the Scholars' ranks include scientists, doctors, lawyers, writers, philosophers, economists and other disciplines.

Their common feature is leadership – and many are already establishing outstanding careers in business, government, or academia.

The Foundation no longer has committed support from the Commonwealth Government, and works each year to raise funds for future Scholarships. It has a small endowment, and gifts to the Foundation are tax-exempt. Anyone interested in making a contribution, either directly or via a bequest, should contact the Foundation's Chief Executive, Dr Peter Binks, on peter.binks@monashawards.org or telephone 03 9620 2428.



Supporting Australia's peacekeepers, peacemakers, veterans and their families

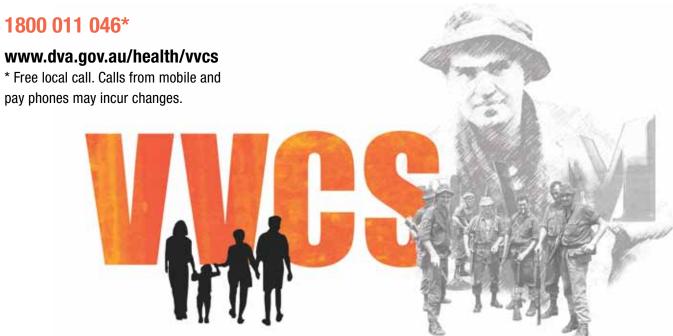
VVCS provides counselling and group programs to veterans, peacekeepers, partners, widows, sons and daughters and eligible ADF personnel and F-111 Fuel Tank Maintenance workers and their immediate family members. VVCS is a specialised, free and confidential Australia-wide service.

VVCS can provide you with:

- Individual, couple and family counselling
- Case management services
- After-hours crisis telephone counselling service via Veterans Line
- Group programs for common mental health issues (e.g. anxiety, depression, sleep and anger)
- Psycho-educational programs for couples, including a residential lifestyle management program
- Health promotion programs including Heart Health a 52 week supervised exercise and health education program
 offered in group and correspondence formats
- The Stepping Out Program, a 2-day 'transition' program for ADF members and their partners preparing to leave the military
- Changing the Mix, a self-paced alcohol reduction correspondence program
- Operation Life Workshops
- Information, education and self-help resources
- · Referral to other services.

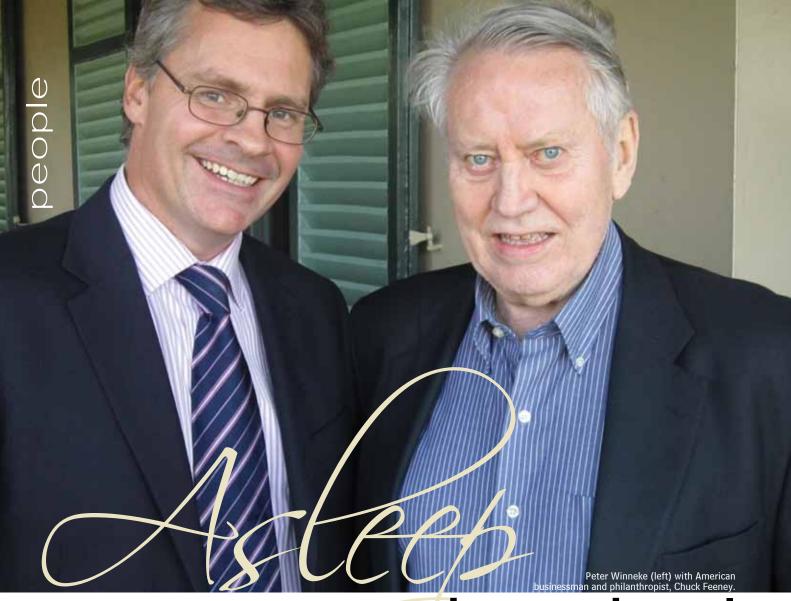
VVCS counsellors can assist you to work through stress, lifestyle, relationship or family problems, and emotional or psychological concerns associated with your military service.

If you need support, would like more information about us or if you know someone who does, please give us a call or visit our website.



Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans



Peter Winneke is head of the Myer Family Company's Philanthropic Services. He speaks with The Last Post and explains why he thinks Australian's that can afford to should be giving more to help create a culture of giving and how he thinks we have been asleep at the wheel for too long.

at The Wheel

A Conversation with Peter Winneke.

TLP: Peter Winneke, good afternoon to you and welcome to 'The Last Post'. Peter, with your role here and what you do, as head of philanthropic services, you've made observations about people's willingness to help others with philanthropy. What have you learnt from your role about people's nature in Australia and I believe you said that perhaps we're not as giving as we could be? Peter: Yes, Greg. The first thing I always say is that we're very strong volunteers. Volunteering Australia tell us that about 34 per cent of Australians volunteer on a regular basis. I always open with "We're strong volunteers and that we see regular acts of generosity" because people don't like to see the myth that we're big givers being exploded. We do see regular acts of generosity but as a general rule it's a myth we perpetuate that Australian's are financially generous because we are not.

TLP: So, low compared to elsewhere Peter? Peter: There's a lot of analysis that suggests places like the United States are far greater in regards to financial generosity. We know that

from the ATO that on average we give only 0.36 per cent of our income to charity each year and that 62 per cent of us make no gift to charity at all. Quite staggering. . About 6,500 Australians earn over a million dollars a year and 37 per cent of those make no gifts to charity. So, a million bucks earnt and not one gift. It's unbelievable.

TLP: Daunting figures. Your role here then Peter is to encourage Australians to give and for those that can afford it to consider that? Peter: Our role here is two-fold. Firstly it's to grow the philanthropic sector in this country because, despite our staggering wealth, the philanthropic sector is incredibly small and certainly our role is to grow it and assist our clients implement strategic giving programs. TLP: Have Australian's been blessed in a general sense without a lot of us realising it? Peter: I think so. One of the reasons we're not as generous as we could be... well, there's a number of reasons but one of the key one's is that most of the wealth in this country has been created in the last forty years so the vast

majority of this wealth is new and families are grappling with how much to leave their children. We are yet to build a culture of sharing our success, for the benefit of the community. TLP: We were talking before about Warren Buffett and his statement, 'Leave your children enough to do anything in life but not enough to do...nothing'...How would you explain that? Peter: That's one of my favourite phrases, I use it every day of the week. It's not only wise, people just get it, they understand it, it clicks in their mind. Everyone sits up in their chair when they hear that, saying 'Ah, that's quite fascinating'. TLP: Is there light on the horizon?

Peter: Yes, the philanthropic sector is certainly growing in Australia. Not as fast as I'd like to see it but it's a process that I'm confident will expand in conjunction with people's awareness. TLP: Your family history. How much has that come into what you're doing today?

Peter: There were basic principles put in place by my upbringing which made it important for me to feel as though I was serving in some way. This derived from both sets of grandparents, as well as my parents.

TLP: As an educational tool, is it too late to change a mindset regarding philanthropy if someone reaches middle-age and they're still

"LEAVE YOUR CHILDREN ENOUGH TO DO ANYTHING IN LIFE BUT NOT ENOUGH TO DO...NOTHING'..." - WARREN BUFFETT

TLP: Well, your set-up perfectly here to have a look at how we're going in regards to giving. How would you see things evolving? Peter: I'm very optimistic about the growth of the philanthropic sector and if you wandered back into this office in 20 years time I'll still probably be here trying to take it to a continual higher level. I've created the perfect job for myself here because assisting our community organisations is something I'm passionate about. TLP: With your role with the Myer Family Company, is the philosophy of Sidney Myer being honoured today?

Peter: Yes it is, he was a real leader and innovator He was a renowned giver in his lifetime and he established the Sidney Myer Fund via his will. His estate in 1934 was one million pounds and he left ten per cent of that to establish the fund and when he died in 1934. When he was buried at the Box Hill cemetery the streets were lined with thousands of people to farewell him. Imagine that happening with a business leader today?

for kids to help others, and still are but there's more distractions maybe now...

Peter: Well, true but that happens with every new generation and after all, kids tend to learn from their parents so we have to start somewhere. I was very fortunate with my grandparents and parents, I was taught strong values, humility and that there are others who are needy and less fortunate and that stuck in my brain for quite a few years and, I guess, as I matured, it entered my mind again when triggered by my overseas travel experiences. I remember thinking that I needed to assist in some way to try and make the world a better place than when I entered it.

TLP: Does work cease to be work because you're passionate about this?

Peter: Yes, it does. Plenty of books have been written about passion. I've found I'm better at what I do because I'm passionate about it as it creates a positive energy so it's not just a job. Like any vocation though there are good and bad days but the point here is that when you walk out at the end of the day you know you've done something positive.

TLP: How difficult was it for you to resist family history and not go into Law? Peter: If not every day, then every week of my life I am asked "Are you in law?" But my father was very clever, he used to say, and he passed away a couple of years ago so I never got to ask if he was joking, but he used to say, "Don't go into law". I don't know if he meant that as sage advice or whether it was meant as a way of taking pressure off me to go into law as many of the family did.

TLP: Your view then Peter of philanthropy and where it's heading in Australia.

Peter: I've primarily been talking about financial generosity but the word philanthropy derives from a Greek word meaning, 'Love of mankind'. So philanthropy could be volunteering. As we discussed, we are good volunteers, however, we are not financially generous.. I think we've been asleep at the wheel regarding addressing the world's needs. However, I am optimistic about the growth prospects for our philanthropic sector as more families consider the disadvantages of leaving significant income streams to their children, and then consider the positive benefits to the community and the next generation of establishing a family foundation. TLP: Thanks so much Peter and may your good

work continue and maybe we should catch up to see how it's going in the future. Peter: I'd love to and thank you for the opportunity.

...MOST OF THE WEALTH IN THIS COUNTRY HAS BEEN CREATED IN THE LAST FORTY YEARS SO THE VAST MAJORITY OF THIS WEALTH IS NEW AND FAMILIES ARE GRAPPLING WITH HOW MUCH TO LEAVE THEIR CHILDREN. WE ARE YET TO BUILD A CULTURE OF SHARING OUR SUCCESS, FOR THE BENEFIT OF THE COMMUNITY.

not giving?

Peter: I think it is generally too late. The families that we work with we encourage them to get the kids involved with the foundation from the early teens.

TLP: What about your back-packing days? Peter: I was born and bred in Melbourne and I love Melbourne but I hate the Melbourne winters so what changed my life was getting out of the eastern suburbs and travelling. I took to going to developing countries, a different one each year, just because I wanted to see the world. That's when I saw the real world, and I could see that it was not in good shape. So yes, travelling opened me up to consider others, and my purpose in life, if you like. I saw an opportunity to grow the philanthropic sector in order to assist build the organisational capacity of our under-capitalised community organisations, enabling them to tackle some of the problems in society. Philanthropy is in a unique position to be a powerful change agent.

TLP: Have we lost faith in some ways and is your role to restore or to find that faith that we know is there amongst Australians? To perhaps show the benefits of giving and to be less self-orientated? Peter: Yes, I've given this a lot of thought Greg. We seem to, or there seems to be a lot of focus on self and a fascination with building the personal balance sheet. We have the wealth and intelligence to solve every problem on the planet and yet our attempts don't reflect that. I wonder what our grandchildren will think we were doing. We're asleep at the wheel. TLP: Education, I guess is what it's all about and from a young age you're playing a role in that with what you're doing. Peter: Absolutely. And a structure like a family foundation is an excellent educational tool for the next generation, with learnings including: responsibility of wealth, community engagement, vision setting, implementing a strategy to achieve the vision, investment strategies and effective board and governance. TLP: Red Cross, St.Johns... these were ways

Singleton High School - Anzac Day Service 2011

Singleton High School held its Anzac Day service on the 8th April 2011. Each year the school develops its service from a theme. This year the theme was " An entertainers View. " The service considered the vital role of entertainers in maintaining the morale of soldiers in times of conflict and as the name suggests considered the different views of entertainers whether they are entertainers, singers or combatants.

The service commenced with an introduction by one of our students whose father is currently serving in Afghanistan. Singleton has an Infantry Centre and many of our students have family connections with the centre. To have involvement by students whose parents are currently deployed overseas has a special meaning for Anzac day.

Another significant event for the service was a presentation to a widow of a soldier who was killed in Afghanistan. The lady lives locally and it touched an emotional cord for our staff and students who saw her being presented with a certificate that read, "Singleton High School remembers those who served in War". During the presentation students were reminded of the sacrifices that may occur for our well being.

The pivotal, central part of the service was the address by Patricia Amphlett OAM or more commonly known as "Little Pattie". She is an accomplished speaker. Her address focused on her childhood experiences as a teenage singer, student and the various views both for and against our involvement in the Vietnam war close where she lived. At just 17 years of age she was asked by the government to perform in South Vietnam and Malaya as part of an entertainment troupe. Whilst performing in Nui dat in South Vietnam on the 16th August 1966 Australian soldiers were caught in a desperate situation in the battle of Long Tan. For her her visit to South Vietnam was life changing. To this day she is involved in re-unions, support

groups for vets and she even sang to Australian troops in Iraq where her group stayed in one of Saddam Hussein's palaces.

The first of the power-point presentations then occurred. This included stills and moving images of entertainers in conflict or peacekeeping events. These included John Williamson in The Solomon Islands, Kylie Minogue at the Christmas concert in East Timor 1999, Bob Hope, and Marilyn Monroe in Korea.

The second power-point presentation considered those actors/ actresses/entertainers who served in war and a brief outline of their lives and involvement. Some of these included Paul Newman, James Stewart, Bud Tingwell, Frank Partridge VC, Normie Rowe, Charles Bronson, Audrey Hepburn, Audie Murphy. A student Bryden Cox provided musical accompaniment during this presentation.

Music played a significant role during this service with a trio playing a "Little Pattie" song "He is my romp stompin real gone surfer boy " . The concert band played traditional 1960's music.

A poignant moment occurred during the service with Patricia Amphlett and Victoria Hopkins (widow of corporal Matthew Hopkins) together laying a floral tribute for peace at the base of the flagpole.

The other protocols occurred during the service such as Last Post, Revielle, a piper, National Anthem, prayers etc. Members of the community also attended , approx. 150 guests which included vets, widows, Legacy reps, community members and members of the Singleton Infantry Centre who took the salute.

Mention needs to be made of the role of our student representative council who greeted guests on their arrival and who ran the service. Our hospitality classes prepared a magnificent morning tea for our guests. They spent the previous day preparing for this event.

Our students, groups and stakeholders spent many hours preparing for this special day.

Our school also participated in the community Anzac Day service where a student contingent marched, captains/

vice captains laid a wreath and one student Josie Shade read out a summary of the Battle Of Long Tan which included reference to two local veterans who participated in that battle.

The school is very proud of our involvement in Anzac commemoration and the event was well received by members of the local community. The achievement of winning the New South Wales state award for secondary schools in the Department of Veteran Affairs commemoration competition was a surprise for us and for some of the hard working stakeholders.

Nigel Cox - Organising Teacher







TO SCHOOLS ACROSS THE NATION

Anzac Day Award for Katherine School of the Air



School of the Air) is a school for students in Years 7-9 who cannot access mainstream schooling within the Northern Territory. These students live in highly remote areas in a wide variety of contexts including stations and communities.

We also have travelling students who live as far away as Mexico and London, or are travelling the coast of Australia on a boat. Students learn through distance education using a variety of methods to access information - Interactive Distance Learning webcam lesson broadcast (IDL), telephone calls and receiving tasks through the post office.

In Term 1 of each year, teachers and students discuss on IDL the purpose and the importance of ANZAC Day, and what ANZAC Day means to them. Each year in March, students from Middle Years School of the Air meet together in Katherine for a Residential Camp. Some of these students meet for the first time during this week. This year at camp, the students had the opportunity to be more directly involved with the school's yearly broadcasted ANZAC ceremony.

Coordinated by middle years teacher, Melissa Butler, teachers and students of middle years worked together to create a short film dedication to the ANZAC's at Gallipoli. This short film was broadcasted over IDL during the school's ANZAC ceremony so families in remote locations would have the ability to commemorate ANZAC Day.

Katherine School of the Air was the State/ Territory winners for the secondary schools category for the 2011 ANZAC Day Schools' Award. We submitted an outstanding entry using the best information technologies and educational practice to teach students in Years 7-9 about the significance of ANZAC Day commemorations. The School of the Air provides education to students living in remote areas.

During a residential camp in March, students had access to wartime poetry, artifacts, uniforms and online learning to develop a short film dedicated to the Gallipoli ANZACs. Most students met for the first time on this workshop and worked with amazing teamwork and dedication. This workshop and film was developed and coordinated by Melissa Butler and with the other hard working middle year's teachers, worked as a team towards a common goal to provide a film as a reminder that the service and sacrifice of our servicemen and women continues to be important with modern-day peacekeeping. The middle years teaching team are very proud of their students' maturity and sensitivity to the area of focus.

This film was broadcasted to families over Interactive Distance Learning (IDL) as part of the schools ANZAC Day ceremony. The film was divided into four sections starting with the Call, an introduction to the men of the Australian and New Zealand Corps who volunteered. This was followed by the Landing and the Trenches, describing the experiences of the men who landed and the beach and the courage that followed. The last part of the

film is designed to the Ceremony with how we remember soldiers both past and present.

As State Winners, Katherine School of the Air receives \$1000, a certificate of appreciation and a plaque that will be presented by Hon Warren Snowdon MP, Minister for Veterans' Affairs in November to Melissa Butler (Middle Years Teacher and Workshop Coordinator) and Jen Coad (principal of Katherine School of the Air).

ANZAC Day Ceremony

The ceremony broadcasted to over 200 families, 30 teachers/support staff and a number of tourists who had arrived in Katherine School of the Air for a tour of the school. The 30 minute ceremony included: the Meaning of ANZAC Day, the primary choir, the National Anthem, a wreath (created by KSA visiting students) and the short film: An ANZAC Tribute 2011.

Although we were unable to have any special veterans attend our ceremony, we were very fortunate to have a special guest read a dedication and tribute to Katherine's own fallen soldier, Private Scott Palmer. This special guest was a friend of the family, whose son died in Afghanistan last June, 2010.

ANZAC Day Award Presentation Day

MP Warren Snowdon presented the award to Melissa Butler and Jen Coad on the 14th of November 2011, at Katherine School of the Air. The presentation was be broadcasted over IDL in the studio for all students to witness.

Christmas is

Share your True Meaning Of Christmas.org.au



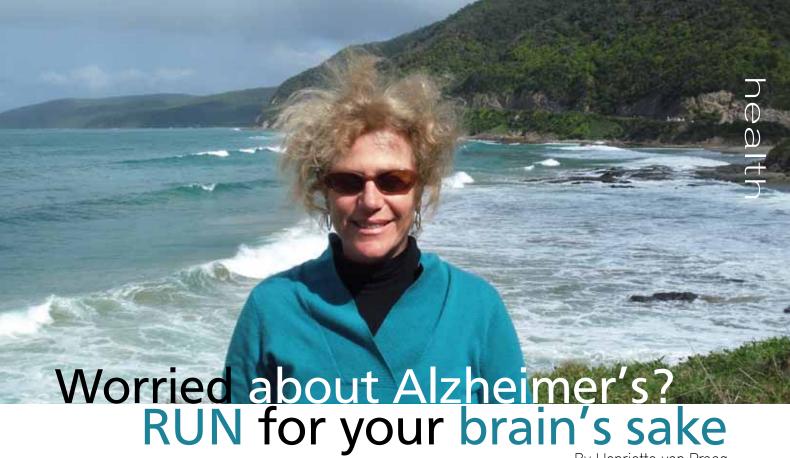
Christmas is such a busy time that we often let its true meaning pass us by. Donate to The Salvation Army Christmas Appeal and you can share the true meaning of Christmas with people who are in need.

300,000 Australians need hope this Christmas

Donate now 13 Salvos

CHRISTMAS APPEAL

THANK GOD FOR THE SALVOS



By Henriette van Praag

Intuitively we've long worried about computer screens, televisions, mobile phones and other devices frying our children's brains. But it may not be the average seven hours or more a day they're spending "connected" that is compromising their cognitive development, but the inactivity involved when kids - and adults - are glued to a screen.

Our researchers have, for the first time, isolated physical exercise as the key factor in triggering the production of new functional nerve cells, or neurons, in the mammalian brain - a process that takes place in the hippocampus, the centre of learning and memory.

Our studies were in rodents, but in the field of brain sciences even the notion that the brain is not "hard-wired" and so can repair, rewire and regenerate itself - or might be stimulated to maximise cognitive function or to ward off the ravages of neurodegenerative disorders such as Alzheimer's and Parkinson's disease – is both relatively new and controversial.

In the mid – 1960's, the scientific community largely ignored the findings of Joseph Altman and Gopal Das, who had discovered that new neurons were produced in the brains of adult rodents. However, in the early 1990's, studies on canaries showing that brain areas comparable to the hippocampus grow when

the birds learn new songs revived the interest of mammalian researchers in the possibility that the adult brain can grow new neurons. It wasn't until 1998 that research unequivocally demonstrated that the human brain has the capacity to generate new neurons.

A year earlier, in 1997, researchers at the Salk Institute showed that "environmental enrichment" - providing caged rodents with social companions and stimuli such as toys and a running wheel - increased the survival rates of new neurons in mice, thus achieving "neurogenesis" or brain regeneration. In 1999 my team showed that running is the main neurogenic factor; mice housed with a running wheel showed increased neurogenesis and improved learning and memory. This finding has been replicated in many other labs.

Our most recent work in isolating the different environmental stimuli showed the single, standout adaptation is exercise. My field of expertise is neuroscience, in particular neuroplasticity and behaviour. These are highly specialised fields. But it is not a stretch of the imagination to consider what else this might mean, especially as the proof that the (ageing) human brain can produce new neurons followed the first findings of neurogenesis in rodents.

What is most exciting is that behaviour can regulate neuron production, meaning we have some control over the "plasticity" of our own brains. We already know that human brains are at their most "plastic" in children and that exercising mice add the most new cells when they are young.

The Australian Communications and Media Authority reported in 2009 that predominantly sedentary "media use' by 8 to 18-year olds

averaged seven hours and 38 minutes a day, based on aggregated US and Australian data.

Last month, the international journal Obesity Reviews reported the controversial UNSW findings that obese individuals often perform poorly in reasoning and planning tasks. And we know obesity is linked to inactivity, so this finding raises new questions about the impact of inactivity on cognition.

Conversely, it seems clear that being young and active is a very good thing because the area in the brain where the new cells are produced, the hippocampus, is responsible for learning and memory and so is very important in cognitive development. However, as brains can also regenerate throughout adult life, we may find "lifestyle factors" such as exercise programs can promote neurogenesis and provide a critical "buffer" which could delay the onset of, say, Alzheimer's disease.

Exercise interventions are simple and cheap and can start very early in life. There is a growing mountain of evidence linking regular exercise to multiple physical and psychological health benefits; the possibility of maximising our cognitive potential is another very good reason to turn our sedentary, over-nourished lives around.

Our next study will investigate why exercise is good for your brain. Is there a muscle enzyme, for example, that is the signal that triggers neurogenesis? The more we understand, the closer we will get to that old saying, "a healthy body and a healthy mind".

Dr Henriette van Praag is an international authority on neuroplasticity at the National Institute on Ageing, part of the US National Institutes of Health.



With the ANZAC tradition closely linked to the history of both Australia and New Zealand, respected educational campuses in both countries, instill into students a degree of gratitude for the sacrifice made by those that have served their country.

The Anzac spirit encompasses more than the military. It embodies the nature of school's and their focus on ways to improve both the studies of their students and the communities that they are part of.

All across Australia and New Zealand, educational campuses are honouring the legacy. In this issue we look at South Australia's Urrbrae Agricultural High School, situated in Netherby, just six kilometres from Adelaide city

Urrbrae Agricultural High School is the only comprehensive special interest agricultural secondary school in South Australia. It is recognised as a centre of excellence in student learning with a focus on agriculture, technology and the environment.

Urrbrae was established as an Agricultural High School in 1932 as a campus to educate future agriculturalists, following the bequeathing of the land for that purpose.



URRBRAE AGRICULTURAL
HIGH SCHOOL IS THE ONLY
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STUDENT LEARNING WITH A FOCUS
ON AGRICULTURE, TECHNOLOGY
AND THE ENVIRONMENT.

Today, with a student population of over 1000 and with the TAFE School of Horticulture and Environment and the Nature Education Centre on campus, the school continues to grow with enrolments and reputation and a focus on agricultural and environmental studies.

Assistant Principal, Peter Smith oversees the Agricultural program with Mark Innes (Curriculum) and Neil Harris (Farm Manager). The 35 hectare Urrbrae campus farm operates as both a working farm and an agricultural science laboratory where students learn enterprise management and science's role in enhancing production and animal welfare. Multiple enterprises and farm activities bring with them a degree of student enthusiasm the school is proud of. The campus farm features Alpacas, Boer goats, fish farming, Suffolk sheep, and Poll Hereford cattle studs, horses, bees, pigs, eight breeds of poultry, vegetable gardens, orchards and vineyards. Agricultural interaction is complete with students educated in wine making, fruit preservation, livestock breeding, management and showing, horse riding, tractor and machine operation, GPS and precision cropping and more as part of the school's historically complex and inclusive curriculum.

2011 provided the most successful results for the school at the Adelaide Show. It was just reward for the effort put in annually by students overseeing entries in animal, plant and produce classifications. Students join agricultural clubs and work with staff and industry in learning to care and prepare for their showings. Students are encouraged to attend a handful of country shows before making their debut at the Adelaide Show. From this experience and through contacts made, many gain appropriate confidence to go on to further study or research in Agriculture or to become trainees in rural industries.





Aquaculture

Aquaculture is relatively new and a venture in the agricultural program that gives students the scope to learn about growing barramundi and trout in commercial recirculating systems. As well, small scale tank and aquarium projects are run with students cleaning tanks, testing water, supplying sources of feed, digging worms, filter cleaning, capturing fish and collecting yabbies. Noted below are two spinoff's from this program:

- Aquaponics where fish water is recirculated through a plant hydroponics system with nutrients being utilised in plant growth.
- A native fish recovery program with the once considered extinct River Murray Purple Spotted Gudgeon. Over 100 recovered fingerlings are being carefully reared and bred by students to enable them to be released back into a lagoon near Murray Bridge. Enacting the recovery of critically endangered fish species, this programme acts also as an educational tool for student who wish to look deeper into areas associated with conservation.

Cropping

The cropping program at Urrbrae is mainly centred on pasture and hay production for animal grazing. With over 150 grazing animals on the property pasture, crop sowing and care takes on prime importance. Students sow and fertilise crops according to the crop rotation and carry out numerous crop monitoring programs. This ensures crop growth and performance are optimised. Using GPS technology students are able to learn the latest techniques used by farmers in precision agriculture.

Wetlands

The Urrbrae Wetland is a living example of what can be achieved when governments and communities work together. Focusing on common goals, the results are extraordinary educational opportunities. In 1993 the City of Mitcham Council and the Urrbrae Agricultural High School combined to alleviate flooding

problems that were evident along the nearby and busy Cross Road. There was also associated water-logging on Urrbrae farmland. The Council and Urrbrae Agricultural High School constructed the Urrbrae detention basin to store excess run-off water which resulted in a reduction in the volume of stormwater. This then enabled the expansion of water and environmental studies at the school.

All Year 8,9 and 10 students spend a month at the Wetlands investigating water quality, water and landcare, aquatic life and the health of the water and the types and quantities of pollutants in a wetland. In addition, over 6000 students and visitors take part in the educational program with Ms Kirsty Hart, Wetlands Manager. Through the Mitcham Council, the Friends of the Wetlands Group help to maintain successful interaction with the school.

AQUACULTURE IS RELATIVELY NEW AND A VENTURE IN THE AGRICULTURAL PROGRAM THAT GIVES STUDENTS THE SCOPE TO LEARN ABOUT GROWING BARRAMUNDI AND TROUT IN COMMERCIAL RECIRCULATING SYSTEMS. AS WELL, SMALL SCALE TANK AND AQUARIUM PROJECTS ARE RUN WITH STUDENTS CLEANING TANKS, TESTING WATER, SUPPLYING SOURCES OF FEED, DIGGING WORMS, FILTER CLEANING, CAPTURING FISH AND COLLECTING YABBIES.

Community Involvement

Local community and Rural Industry play a substantial role in the education program at Urrbrae. Senior classes tour agricultural districts, visiting farms which demonstrate best practice and cutting-edge technologies. Students stay on properties, giving them the opportunity to see agriculture in action and to set up their own work placements later. In addition, groups visit our school to demonstrate and talk with students about management and career opportunities. Examples include laparoscopic artificial insemination of sheep, bee re-queening, pig classing and judging, cattle ssessment and veterinary assistance to the vet. With community involvement, Urrbrae is able to successfully extend learning programs for students in both direction and comprehension.

The Future

With a solid foundation of learning from the outset, Urrbrae Agricultural High School is able to confidently predict it's holding onto and maintaining our position of creating learning for our students in an environment of enjoyment. Building now for the future, we are exited with student applications for enrolment exceeding places and with student morale and attitude one of the best in the country. Students enjoy Urrbrae and revel in the ambience and are keen to be part of an exciting future in both Agriculture and the Environment. To ensure this continues, Urrbrae constantly updates curriculum and projects. Examples include Precision Agriculture using autosteer and

variable rate spray technology in cropping, electronic livestock identification processes and cloud based farm management programs. Also expanding the options in aquaponics and recovery programs, setting up work shadowing programs for students with scientists and creating opportunities for students to explore their own interests in Agricultural and Environmental learning.

Urrbrae Foundation

Overview:

In a unique move for an S.A. state school, Urrbrae Agricultural High School has created a Foundation to help maintain its position as the pre-eminent agricultural secondary school in Australia.

Dr Bruce Eastick Chair of the Foundation Committee said "The International and National reputation of Urrbrae could not be sustained unless the school used 21st Century technology to agricultural scientists and practitioners of the future. This is a vehicle for us to be a world leader in secondary level agricultural education. While a Foundation was unique for a state school, it was felt it presented the best way of raising funds. There are many individuals and businesses throughout Australia who have benefited from Urrbrae in one way or another, now is the opportunity for them to provide a tangible expression of their support."

The Need for Endowment

Because of the uncertainty of Governmental support in the future, and as Urrbrae Agricultural High School is not richly endowed, there is a great need of Benefaction. The School today patently lacks endowment sufficient to provide any significant ongoing development, as virtually all of the School's income is absorbed in its annual running costs. The Foundation believes the best means of providing for the School's security in the future is to ask each member of the School's Family to: Remember Urrbrae Agricultural High School when Making a Will.

Bequests

The Constitution of the Foundation enable membership via bequests. This enables anyone who feels so inclined to incorporate Urrbrae into their will. This method of gifting to the Foundation provides a long term perspective to its activities and provides a legal body to which gifts can be bequeathed with certainty. Knowing that Urrbrae will be the real beneficiary of such gifts provides security to those who wish to remember the school in this way.

Please call the school if you would like to have a brochure sent to you. Bequests amount to a future pledge to the Foundation and will provide a long term endowment which will enable a permanent planning process to provide for the needs that the Foundation has been established to serve.

Give consideration to putting Urrbrae in your will.







The Cost of Membership

There are four membership categories involving a one off payment or gift, a commitment to contribute over two years the equivalent of the membership category requirements or a bequest equivalent to twice the requirement.

The membership categories are:

TRUSTEE: \$5000 or more contributed in

accordance with the guidelines.

FELLOW: \$1000-\$4999 contributed in

accordance with the guidelines.

MEMBER: \$500-\$999

SUBSCRIBER: \$200-\$499

Gifts

Gifts of less than \$200 are recognised by way of a certificate issued by the Foundation.

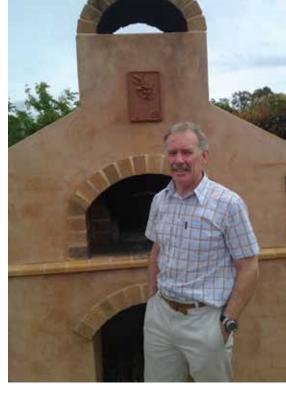
Recognition of Gifts Cumulative

Any gift or donation that does not meet the membership categories criteria will be recognised by a certificate. If subsequent circumstances enable further gifts or donations to be made, the two year total of such gifts will be cumulative and may well end up with a membership category's criteria being met. This cumulative approach means that everyone can be involved in the Foundation.

Further Information

Please contact the school if you would like to have a brochure sent to you.

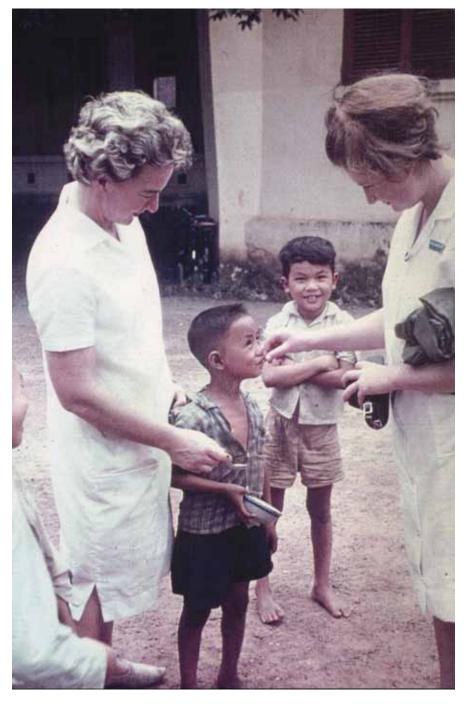
Email: urrbrae@urrbraehs.sa.edu.au











The ANF has ramped up its campaign for civilian nurses who served in the Vietnam War to receive access to entitlements under the Veterans' Entitlements Act 1986.

South East Asian Trades Organisation (SEATO) nurses are still today ineligible for entitlements under the Veteran's Entitlements

It is now more than 10 years since a civilian nurse who served during the Vietnam War who became seriously ill with non-Hodgkin's lymphoma first associated with exposure to chemicals and herbicides applied for medical treatment and a pension under the VEA. Jenny Hunter who served as a nurse in Vietnam in 1967 and 1969 was refused on the grounds that she was not a veteran.

Jenny was in her 50s when a friend noticed her swollen lymph gland. She has been through a harrowing time with surgery, radiotherapy, chemotherapy, and a relapse. Treatment damaged both one kidney and her heart and she has been treated for heart failure.

SEATO nurses in Vietnam:

Fight For Care

AUSTRALIAN NURSING JOURNAL NOVEMBER 11 VOLUME 19 NUMBER 5 (pgs 26-27)

A morbidity study of female Vietnam veterans released by the federal government in 1998 identified 16 conditions with a higher incidence than normal for Australian women. Congenital defects were found amongst some children of women who had served in Vietnam.

Jenny served in Vietnam from February to October in 1967, and again from July 1969 to February 1970. The first time she went to Long Xuyen in the Mekong Delta and the second time to Bien Hoa, about 20 miles north of Saigon. "We drank the water that came down from where they were spraying Agent Orange and ate all the local fruit and vegetables, not to mention what was in the air."

Jenny's condition is in remission and she still works part time for a surgeon, but there is no doubt her health has been adversely affected. likewise for many other SEATO nurses. There are many documented cases of Vietnam related conditions, including cancers, non-Hodgkin's lymphoma, auto immune disease, multiple sclerosis, post-traumatic stress disorders and other anxiety disorders.

The Vietnam War was the longest conflict in which Australians had been involved, it lasted from 1962 to 1972. In 1962, the Australian Government was asked by the US to supply an Army training team, as well as surgical services and medical care to the South Vietnamese people and the large refugee population from North Vietnam.

For eight years, from October 1964 to New Year's Eve 1972, approximately 450 civilian nurses, doctors, and other health personnel served on the surgical and medical teams, the largest group of Australian doctors and nurses to serve in South Vietnam during the war.

However, volunteer civilian nurses who treated the casualties of war had none of the formal protection afforded to their military counterparts. "Despite active service in Vietnam they have been considered as civilians and therefore not entitled for benefits under the Veterans' Entitlements Act 1986," ANF federal secretary Lee Thomas says.

"The work of the SEATO civilian surgical and medical teams was integrated with and provided assistance to Australian Defence Forces. The teams were regularly in danger from hostile enemy forces during their eligible service," says Ms Thomas.

While not an official report, a letter tracked back in the archives of the Alfred Hospital details a situation in Bien Hoa in which the civilian team was under attack.

SEATO nurses can corroborate the event with

The way SEATO nurses have been treated by consecutive federal governments is nothing short of a national disgrace, Ms Thomas says.

SEATO nurses were in a hostile environment and cared for those with grenade and mine blast injuries, bullet wounds, and burns from napalm. "Nurses were tending sick and injured soldiers; they drank the same water, ate the same food, experienced the same poor sanitation and were sprayed with the same chemicals," Ms Thomas says.

"All these nurses want is to be able to access the health care they deserve, and the financial resources to be able to do so."

The Howard Government failed to accept the recommendation of an independent inquiry conducted by Major General R. F. Mohr in 2000 that members of civilian surgical and medical teams be eligible for repatriation benefits. "It is recommended that the Australian Civilian

Surgical and Medical teams operating in Vietnam during the Vietnam War be deemed as performing qualifying service for repatriation benefits."

A MORBIDITY STUDY OF FEMALE VIETNAM VETERANS RFI FASFD BY THE FEDERAL GOVERNMENT IN 1998 IDENTIFIED 16 CONDITIONS WITH A HIGHER INCIDENCE THAN NORMAL FOR AUSTRALIAN WOMEN. CONGENITAL **DEFECTS WERE** FOUND AMONGST SOME CHILDREN OF WOMEN WHO HAD SERVED IN VIETNAM.

This was the only recommendation the government refused to implement. "The sole reason provided by the Howard Government was that the SEATO teams were administered by the then Department of External Affairs, instead of being attached to Australian Defence Forces.

Or, in other words, they weren't allotted for duty", Ms Thomas says.

Whilst administratively the Australian SEATO surgical/medical teams came under the direction of External Affairs and its Australian Embassy in Saigon, they shared a common operational bond with Australian Defence Forces (ADF) in that they came under the command of the United States Military Assistance Command, Vietnam (MACV).

In 2000, Shadow Minister for Industrial Relations Arch Bevis assured the NSW Nurses' Association (NSWNA, ANF NSW Branch) that Labor would rectify the issue if in government. Even prior to the last federal election the Labour Party indicated that if elected it would make the necessary changes to legislation so that SEATO nurses could claim through VEA.

In August 2000, the ALP and the Democrats supported an amendment to the legislation following submissions by individual nurses and the ANF to the Senate Inquiry into proposed Veterans' Affairs legislation.

In 2002, the report of the Review of Veteran's Entitlements chaired by John Clarke QC rejected the Mohr recommendation for civilian Vietnam teams to be considered deemed as performing qualifying service.

Ms Thomas said there has been very little movement since. "There was a small victory a few years ago when it was agreed that SEATO nurses could make a claim through Comcare, the Australian government's workplace safety, rehabilitation and compensation agency, if they believed that they were injured or ill as a result of their service in war." She says the very small concession is totally inadequate.

The current federal government argues that the appropriate scheme for SEATO civilian surgical and medical teams is Comcare. In September, Federal Minister for Veterans' Affairs Warren Snowdon re-affirmed the government's position in the journal Hospital and Agedcare.

Comcare is a workers compensation scheme and inadequate for SEATO nurses, Melbourne lawyer Greg Isolani who specialises in representing Veterans and Defence members says. "Comcare's aim is to compensate Commonwealth employees who are injured out of the course of their employment," he says. "Those who assess claims do not have the experience to comprehend the injuries and diseases arising out of war zones that the SEATO teams experienced in Vietnam."

Jenny Hunter says while she has received benefits from Comcare, it is a constant battle. "They do provide for all medical bills, routine

"THE TRAVESTY OF THIS WHOLE SITUATION IS THAT THERE ARE ONLY ABOUT 120 SEATO NURSES LEFT ALIVE SO EVEN IF **FVFRY ONF OF** THEM MADE A CLAIM THROUGH **VETERAN'S** AFFAIRS, IT IS NOT GOING TO BE AN **ENORMOUS SUM** OF MONEY"

investigations and drugs. But every year they send a letter asking if I am still ill and I am required to provide a medical report. This is despite that my situation has not changed."

Another issue is workers' compensation schemes income support ceases at aged 65.

All members of the SEATO civilian surgical and medical teams with service in Vietnam from 1964 to 1972 should have full entitlements under VEA, Ms Thomas says.

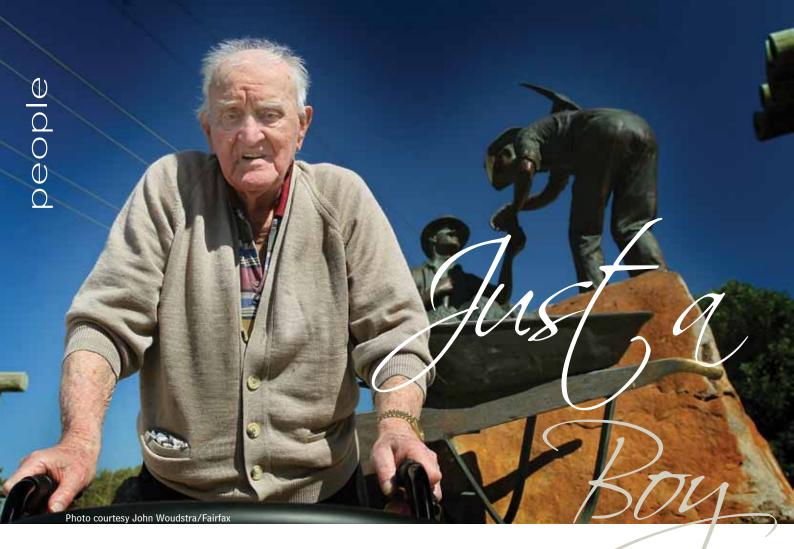
"The travesty of this whole situation is that there are only about 120 SEATO nurses left alive so even if every one of them made a claim through Veteran's Affairs, it is not going to be an enormous sum of money."

The legislation does not even need to be altered, a Ministerial Determination would be sufficient to allow SEATO nurses access to the same entitlements as the military and other civilians, such as the Salvation Army, says Ms Thomas.

A recent submission to the Prime Ministerial Advisory Council on Ex-Service Matters by Dot Angell, president of the civilian nurses' group has not changed the government's position. ANF is waiting on a copy of the Council's response.

For Jenny and many other SEATO nurses, it is the insecurity of knowing what they face in the future and whether they will receive the care they need. "I will probably need more care. We just do not know as we get older." SEATO nurse Jill Storch, 69, says most nurses and doctors that served in Vietnam were nearing their 70s. "They could just wait for us to die," she says.

Ms Thomas says the ANF will continue to fight for this small and deserved group of nurses. "The ANF will continue its campaign to pursue fair and equitable treatment for this group of nurses who clearly deserve more from successive governments."



Colac's 93-year old Alex Tillack was just a boy when he left his family farm near Birregurra to do some even harder yakka in 1933. Along with a lot of former diggers from World War One, he took to building Victoria's famous Great Ocean Road. It was the great depression... then he went off to war. He talks about all of this and more in his recent chat with The Last Post.

After schooling in Wool Wool and Colac West Alex Tillack left that as a 13-year old to trap rabbits. 120 traps he would set, making a pound a day. It paid more than milking cows at four pound a week. But he lived and worked on the family farm too. 3 years after leaving school Alex found the promise of a regular wage too much to resist and began work on what was to be The Great Ocean Road. In the beginning he carted rocks on wheelbarrows and then worked in the quarry's at camps along the road. 48 hour weeks, six days a week for five pounds a week. On Saturdays the teenager started an hour earlier so he could knock off early. It was hard work, even witnessing the death of a workmate who was crushed by rocks. The mosquito's and snakes too were a constant menace but the work and money, back in the early 1930's was priceless.

Along with thousands of others, Alex Tillack's role in helping to build and maintain the Great Ocean Road is being looked at as part of Australia's history after the 243 kilometre scenic tourist drive was recently included on the National Heritage List. He remembers working long days on the road and setting up camps as the work party made their way from Lorne to Petticoat Creek and on to Apollo Bay and Port Campbell.

Alex even went up to work in Horsham in 1939 to crush rocks again for roads around the Wimmera but by the end of that year, he'd had enough and returning home to celebrate Christmas, he joined the army to fight in World War Two.

In January 1940, Alex went up to Sydney and boarded a ship for the Middle-East. At the time, the biggest ship ever built and for a further 56 years after her launch in 1938, The Queen Elizabeth. "It was a huge ship", Alex recalls, "the staircase 22 abreast". They disembarked at Port Said and travelled down the Suez Canal. He visited Bethlehem and drank from Mary's Well. He visited Tel Aviv and was taken aback at the beauty of the blue ocean. He was admitted to Gaza Hospital suffering nerve trauma. He met a woman there that spoke nine languages and when he asked if that included Australian, she replied, "I'm sorry sir, I don't swear". After fighting the Germans in the Middle East, Alex left to fight in New Guinea and Borneo. His legacy is there for us all to see along the Great Ocean Road and his sacrifice of fighting for his country at such a young age a reminder to us of the sacrifice of many. The farmer's son who used to trap rabbits and worked with ex-diggers from World War One building the Great Ocean Road still lives in Colac. Alex Tillack was just a young man when he went off to fight for his country but his recollections still burns brightly, and he serves as a living part of history for the Anzacs and their descendants.

There are four commemorative plaques in Apollo Bay, honouring returned servicemen from World War 1 who built the Great Ocean Road.

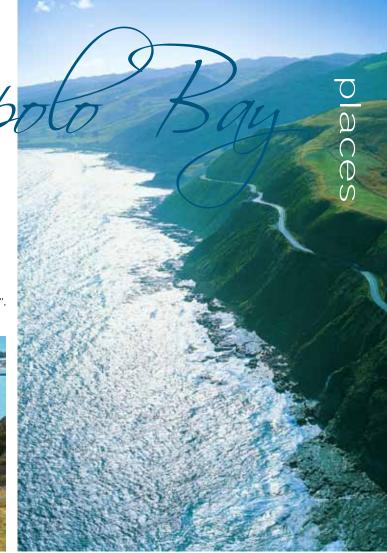
"The 3000 returned servicemen who built the Great Ocean Road have not just created a memorial but a legacy.

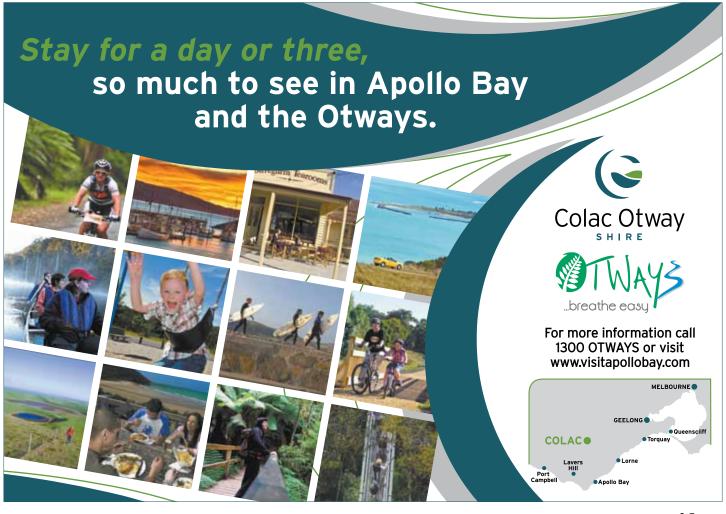
The road is internationally famous and gives tourists and locals th experience what our great southern coastline has to offer

"The four memorial plaques in Colac Otway Shire are situated on the foreshore of Apollo Bay, at Lavers Hill next to "the drift", Wye River and Cape Patton. Each plaque bears a detailed history of the Great Ocean Road.

"These plaques will help bring recognition to the sacrifices made by those who served in World War 1 and our returned servicemen who toiled for more than a decade with picks and shovels to build what has become one of the most famous roads in the world".







EURACK AVENUE OF **HONOUR**



The Eurack Avenue of Honour is a World War I memorial on Eurack Road commemorating the 26 soldiers from the district who enlisted for the war.

The planting of the Avenue commenced as an Arbour Day project for the Eurack School in May 1916 on the initiative of Lieutenant George Pentreath, then head teacher of the school who enlisted in July 1916. The Avenue was planted on Arbor Day, Friday 28 July 1916 in front of the Eurack School, general store, post office and the church, the centre of the small settlement that sprang up after the Eurack Estate was subdivided for closer settlement in 1891. The memorial is a single row of 20 Ulmus x hollandica (Dutch Elm) planted along the south side of Eurack Road. Each tree is marked with a stylised white painted concrete cross bearing the name of the soldier/s it commemorates inscribed on a black marble plate. Six of the trees are dedicated to brothers. One of the crosses commemorates Lord Kitchener, the British Secretary of State for War who was killed in 1916 when HMS Hampshire struck a mine en route to Russia.

The Eurack Avenue of Honour is of historical, aesthetic and social significance to the State of Victoria. It was planted on 28 July 1916, being historically significant as the earliest known of this form of war memorial in Victoria. It was followed by memorial plantings in Maldon, August 1916 and Ballarat, 1917. It is also significant for exemplifying rural Victoria's reaction to World War I. It is representative



of plantings that first appeared in Australia during World War I commemorating all those who enlisted for service in an egalitarian form where each individual, regardless of rank, was equally recognised for their service. The Avenue has significance for its commemoration of Lord Kitchener and has no known comparison in Victoria.

The uniform plantings of the trees and the stark concrete crosses in their isolated surroundings combine to create an imposing and distinctive cultural landscape. The 100 metre long avenue honours only those men who had enlisted by 1916, with a memorial board in the Eurack Recreational Hall honouring others who enlisted later.

That honour board also records those who paid the ultimate sacrifice for our country. Eurack's Mary Carew said the head teacher at the Eurack school George Pentreath provided the original inspiration for the avenue. During Mr Pentreath's war service he attained the rank of Lieutenant and was awarded a Military Cross.

Records show that on May 25, 1916, Mr Pentreath discussed the avenue with the local shire council.

Mrs Carew found a reference in The Colac Herald that 20 elms were to be planted in July,



1916, despite other records suggesting the avenue was planted in May, 1916.

It's social significance exists for its relationship with the community as a memorial to those who served in World War I and for its continuing commemorative importance. The Eurack Avenue of Honour and dedication plaques remain as an indication of the involvement of Victoria's small communities in commemorating the sacrifices of their volunteers, along with the loss and sorrow experienced by small rural areas like Eurack.



Colac RSL is ideally located to make it your base to visit and explore Western Victoria and the Otway Ranges. Situated on the Princess Highway under one hour west of Geelong it is an easy drive to Apollo Bay and Lorne on the Great Ocean Road or just and hour to the west is Warnambool and an hour north to the Gold Fields City of Ballarat. Port Campbell is also an easy forty five minutes where you can view the spectacular twelve apostles and the surrounding national park.



Colac having a population of 12,000 people is a medium size town with all the amenities you would expect in a town this size. The town is situated on the banks of Lake Colac, the largest natural freshwater lake in Victoria. Lake Corangamite a short distance to the west of Colac is the largest natural salt water lake in Victoria and adjoins the world's third largest volcanic plain. Red Rock which is a local lookout is well worth a trip to see great views of both the lakes and that of the district.

Travelers to Colac have a choice of three caravan parks and of the four motels all are in easy walking distance of the Colac RSL. THE Colac RSL is in the main st of Colac the address being 21 Murray St for those who have nav mans or similar. The Colac RSL is located only 200 meters from the memorial square which is where the shrine is located and well worth a look.

The sub branch's building is the old Regent Theater which was built in 1927 and seated

1000 theater goers back in its hay day. It was bought and renovated in 1983 into the current club with bar, dining room and large entertainment hall. Come in and have a look around visitors are always welcome. The venue is open seven days a week from 10 am till late with all the facilities you would expect at a licensed RSL club. Top quality and reasonably priced meals are available for lunch 12pm to 2pm and evening meals from 6pm to 8pm. We have a large gluten free selection and our chef is happy to cater for any special needs. We have a daily specials board with some great deals. Visitors are always welcome and RSL members have full reciprocal rights so come in and make your self at home.

The Colac RSL runs regular bingo sessions which anyone can attend, Wednesdays at 1pm and Thursday nights at 8pm every week. Having a large hall we have local groups use the hall for weekly events. The local Rock and Roll club has lessons and dances and also the Colac Comeback Country group has a show on the first Sunday of every month at 1pm.

With a membership well over 600 full members we are a active Rsl Sub Branch involved in helping veterans and their families in times of difficultly or need, either financially for short time needs and even getting them in touch with the relevant authorities. We have authorized volunteers who visit veteran and members either in home or when someone is in hospital. Subsidized meals are on a monthly basis for members with a pension card which is a chance for some to get out and enjoy a meal with friends. The selling of Anzac Badges and Poppy's is a major activities to help fill the Colac RSL and the Victorian state welfare funds with many members giving up their time to sell in the streets of Colac and surrounds raising substantial sums of money to help aid our welfare commitments.

Commemoration is a major task of the RSL to remember and not forget the effort and sacrifice made by many thousands of men and women who have served this country over the years of military service. We run services on both Anzac Day and Remberance Day which are both well attended by the people of Colac. Anzac day kicks of with a dawn service followed by a breakfast and then the march and service at the shrine. With the increase of closures of local schools, churches and halls we are increasingly taking on the roll as custodians of various honor boards and other memorabilia from the various conflicts.

The Colac RSL plays an important role in the Colac region providing a place to meet, a great dining experience, providing somewhere for community groups to meet and maintaining a link for our veterans and their families.

'We Will Remember Them Lest We Forget"

A conversation with

Ian is Executive Chef of the European Group venues and is known as being firm but fair and willing to give others a second chance. Here, Ian speaks with The Last Post about his love of the industry, his work with charities, his role in Conviction Kitchen and being a fan of both the Collingwood and Chelsea Football Clubs.

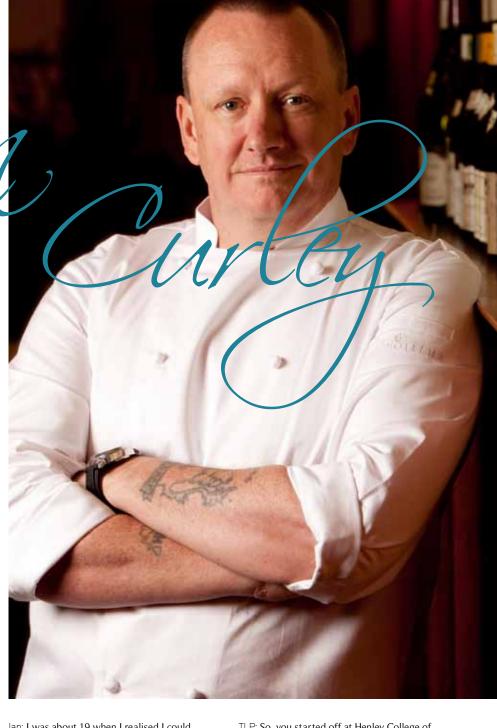
TLP: Good morning lan and welcome to The Last Post. How have you been lately? lan Curley: I've been very well lately, doing a lot of cooking demonstrations and the like, restaurant's busy. Very good at the moment, Melbourne's good.

TLP: A lot of Australian's would have first known of you through the television program, Conviction Kitchen, which aired, when, last year? lan: Yes, this time last year. We started filming this time last year so it's been a big year for me. TLP: The philosophy behind that lan was to give these kids another go and I suppose lots of people are worthy of a second chance. Did you enjoy the experience?

lan: I thought it was incredibly rewarding for me but also for these guys who had been in trouble with the police and gone a little wayward and for me to give them the opportunity to have another go was rewarding.

TLP: Your firmness and goodwill came across. Your firm but fair and that's something that's been said of you.

lan: My belief is that you can only do to others what you want to do to yourself. I'd like to think that I'm a very giving person but you don't cross me and the reality of it is that these people had broken the law, they'd been in jail, they'd been put away for something that they did but the reality is you don't forget people because they've done something wrong. Then it's up to them to see if they respond in the right way. TLP: It came across as hard work in the kitchen for all involved. What makes you want to be a chef and when did you first realise that that is what you wanted?



lan: I was about 19 when I realised I could actually work and travel. And that's the great thing about cooking. In Coventry in England, where I lived, it was really hard to get a job. I got a job in a canteen and the guy there said, 'If you want to work and travel, just learn to cook, you can cook all over the world'. So from a boy that was struggling to find work, like everyone, that was good advice.

TLP: You'd have a natural intelligence that would make that decision an easy one.

lan: Well, I don't know about a high intelligence but I've got a fair bit of street smarts and a fair bit of common sense and from that, I'm a nononsense type of person, and I am going to call it as I see it and I think I can do that from my experience as a chef and yeah, street smarts will generally help out even if you're not blessed a high intelligence.

TLP: So, you started off at Henley College of Catering, where was that, in Coventry? lan: Yes, that's in Coventry and it's a bit different from over here because you do an apprenticeship for four years but over there we did two years full-time and I had a part-time job as a kitchen hand. TLP: Could you see the light at the end of the tunnel then?

lan: Oh yes, I think if you're working and earning money and you know you've got something to aim for and that's what I tell my trainees on the television. Sure, it gets hard sometimes, like most things in life but if you can see what's ahead... TLP: Street smarts?

lan: Yes, sure but that's the great thing about this treadmill of life that we're on, don't focus too much on what you did but try and enjoy it as much as you can...work hard. I mean, me? All I want to do is retire and play golf but now



that I've got a young family I'm still up for working hard for the next twenty years. The golf may have to wait...

TLP: Some say it's best never to retire and you seem a long way removed from that with your three venues. When did you come out to Australia? lan: I've been out here 22 years now. The Hyatt I was working at, they'd just opened in Melbourne and they were looking for a head chef for one of their wining and dining restaurants. There was a fair bit of travel involved but I'd already worked in America and besides, when you're in London and it's raining and you're working six days a week and it's pretty gloomy and you don't seem to be getting anywhere and they send you brochures of Melbourne and you see what was on offer and the sunshine and the Whitsundays. I just got back from Hamilton Island last week. It's still amazing. It amazes me with such natural beauty. TLP: Back to London or England for just a moment. The Sutherland restaurants in Soho. What was that like as an experience? lan: A small restaurant, very upmarket. Fine dining, very intricate food. I guess that would probably be the catalyst to why I came to Australia. If you're working in that sort of environment, there actually is more to life than looking at a plate 18 hours a day saying 'this piece of food needs to sit at the top right hand of the plate...' . I mean, I intend to enjoy as much of my life as possible and prepared to work hard but I'm not prepared to work for people who don't respect others or who get too carried away about things that aren't important. TLP: You've converted your philosophy into helping the kids on Conviction Kitchen and helping out with charities too. lan: We have seemingly lots of people now

who stop you in the street asking for money

and I don't give them money because I don't know if that goes to a shelter or if it goes towards drugs and alcohol but I'm prepared to work for free to give anybody a helping hand and I do that with youth projects that give the kids a hands-on chance plus others like St Vincent De Paul and Starlight...I cook at youth projects in Hosiers Lane on Wednesdays...it's a centre for drug and alcohol affected people. TLP: The Ovarian Cancer Research Foundation too...? lan: Yeah, all worthwhile...I don't have a million dollars to donate to people but I do have the time to help and make a positive difference, hopefully. TLP: So, if not in money you are able to utilise your skills to give people a better chance? lan: I'm not rich in either money or time available but rather than sit in an office with three, four hours I do have a day, reading papers and emails, I choose to give something back. That to me is priceless and to see the good that comes from that, that's priceless too. I would love nothing more than to donate a million dollars and feel good about that but what I'm doing is to put back into the community what I know as well as my time. I can feel good about myself by doing that. We all get something good from it.

TLP: Humans seem to have a barometer that means they know when they're doing the right thing...and it makes them feel better. lan: Absolutely, I'm content with what I do for people. People ring me up all the time, asking 'Are you happy to do a charity' dinner?' Yeah, I'm happy to do that but I won't do it if I think the outcome is not of any benefit to anyone

TLP: Teaching cooking skills to the homeless is an example.

other than the organisers.

lan: Absolutely. I mean, there are guys out there who have never cooked for themselves...if you've got half a dozen eggs and some stuff in the fridge that they can put together something healthy that will actually keep someone alive for an extra week. Just think about that, somebody being able to survive for a period because you've taught or told them practical things.

TLP: You're a supporter of both Chelsea Football Club in England and here, well, it's the Collingwood Football Club_you live life on the edge. But it's the golf, isn't it that provides an escape...

I play golf religiously every week. And, in fact, I'd probably give it all up for golf but it's one of those things I just can't tame. I play off a good handicap so I can knock it around but I love it and I love the idea of getting out with mates for four hours and actually just being somewhere else. The wide open spaces and the fresh air and the great thing about golf is that some of the scenery is quite spectacular, I mean, Hamilton Island golf course, you just stand there and it takes your breath away, the view as well as Cape Schanck.

TLP: Are you still making your own pesto? lan: I love cooking. I love everything about it. I'm incredibly lucky, finding a job that I love doing and to do it the way I love doing it and people seem to like it, touch wood, I hope it continues for the next 20 years so I can pay my daughters school fees.

TLP: You'd welcome people coming to see you or at least taste your fare here at The European. lan: Absolutely. We cater for everybody. The great thing is we've got 5 venues here, we're open all the time...we've got bars that are open to 6am, the best bars in the world.

TLP: Long may it continue Ian. lan: Thanks very much Greg.



MAY LET US **LIVE TO 150**

THE first drugs that can slow the ageing process are likely to become available within 5 to 10 years, raising the prospect of people eventually living to 150 or more, researchers say.

By Deborah Smith

Peter Smith, dean of medicine at the University of NSW, said a girl born today in Australia could reasonably expect to live to 100 already, due to advances in medicine, lifestyle and public health. In addition, new drugs to help the body repair itself were in the early stages of development, along with new stem cell therapies.

"I think there is real hope we can extend human life by some decades further," Professor Smith said.

Living to 150 may sound unnerving, but it would be "great" if you were well until near the end, he said. "The aim is not just to eke out extra existence, but to facilitate a longer healthy life," he said.

"People aren't going to want to retire at 65 and spend many, many decades sitting at home."

Baroness Susan Greenfield, a neuroscientist at Oxford University, also foresees people starting second careers at 65, in knowledgebased jobs rather than physical ones.

But she said tackling dementia, which includes Alzheimer's disease, needed to be a priority. "Otherwise the social and economic implications could potentially be catastrophic."

David Sinclair, an Australian expert in ageing at Harvard University, said a network of genes controlled the pace of ageing. "Our bodies have an extraordinary ability to repair themselves."

Professor Sinclair has shown that resveratrol, a plant compound found in red wine, can extend the lifespan of yeast, worms, fruit flies and fat mice, by activating proteins called sirtuins.

The company he co-founded was bought by GlaxoSmithKline for \$US720 million in 2008.

Clinical trials of synthetic molecules 1000 times more potent than resveratrol were under way in people with diseases of ageing, such as diabetes 2, he said. "And [they] are showing early signs of efficacy."

The immediate aim was to find medicines to treat elderly sick people, then later attempt to delay the onset of diseases of ageing.

It was still very early days, Professor Sinclair cautioned. But, he said, "I think we're seeing the beginning of technology that could one day allow us to reach 150."

British scientists last month challenged the link between sirtuins and longevity in worms and fruit flies in the journal Nature, concluding they had "nothing to do with extending life".

Thanks to Sydney Morning Herald.



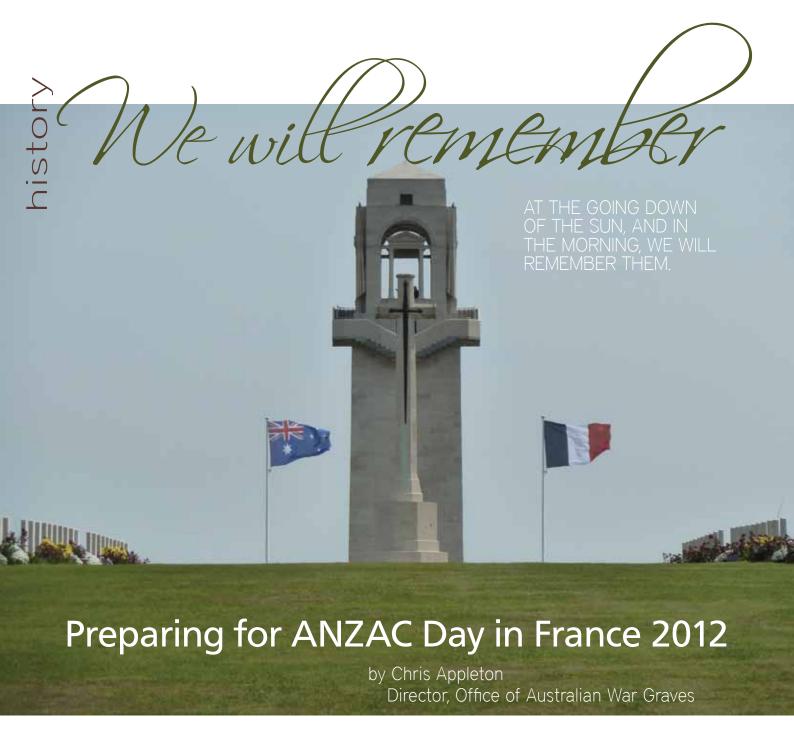
Royal Brighton Yacht Club

In a premier location alongside Brighton Pier on picturesque Port Phillip, Royal Brighton Yacht Club is one of Melbourne's first Clubs, with a proud history stretching back to its establishment in 1875. The Club is firmly dedicated to promoting the sport of sailing with active programs in racing, cruising, women's, youth and junior sailing. From absolute beginners to experienced sailors, or if you merely wish to enjoy the Club's hospitality and facilities on a social basis, you are welcome at Royal Brighton Yacht Club.



Visitors welcome - Ph: 03 9592 3092





On ANZAC Day this year I was privileged to be at the Dawn Service held at the Australian National Memorial at Villers Bretonneaux in France. Atop a dark hill swept by a chilling wind, I was joined by 4,300 other participants, most of them Australian, many of them on a pilgrimage to connect with their ANZAC inheritance.

There were a couple of good speeches, the band and choir of Wesley College Melbourne was brilliant, the Australian Defence Force team was outstanding in its understated professionalism. The anthems of France and Australia rang out as the sun rose through a low mist across the gently rolling open fields, swathed in green and gold of wheat and canola, as it in floral tribute to the magnificent men who fought across those fields on 24/25 April in 1918, to retake Villers Bretonneaux in what is now recognised as one of the most decisive battles fought by Australians in the Great War.

We dispersed in quiet reverie, making our way through the magnificently kept War Cemetery on the slope beneath the National Memorial and its too many graves, 780 of them of young Australians who would never come home. Others searched for a name on the monument among the 10,765 names of





Australian soldiers who died in France and have no known resting place.

Having once been a soldier, I knew something of the history of our nation at war. But among the headstones and by the Memorial, to see individuals and small groups, some in tears, some wearing the medals of their relatives, laying small tributes, some of them photos, was to be reminded of the enormity of the loss borne by the families of our young nation and the extent to which events nearly a century ago continue to affect us today.

A couple would tell me that one of the highlights of the service for them was to find, seated beside them, six young Australians currently serving in Afghanistan who has used their 'rest out of country leave' to attend the service. One of three young diggers in identical grey suits purchased two days before in London, when asked what bought them here; would simply say, 'there is no where else in Europe we would rather be today.' The spirit of ANZAC sits well on this fifth generation of servicemen and women.

Our war dead can never be forgotten, and this is a task for all Australians to keep them in our hearts and memory. Formally, their commemoration lays with the Department of Veteran's Affairs (DVA). Its mission is to support those who serve, or have served in defence of our nation and commemorate their service and sacrifice. The Office of Australian War Graves is responsible for the official commemoration of our war dead. Its duties and

OUR WAR DEAD CAN NEVER BE FORGOTTEN, AND THIS IS A TASK FOR ALL AUSTRALIANS TO KEEP THEM IN OUR HEARTS AND MEMORY.

some history will be covered in the next edition of The Last Post. The Last Post and its readers remind me of the sentiments of a Turkish veteran of Gallipoli, who in 1990 appeared in Chris Masters' fine ABC documentary, 'The Fatal Shore.' He said of the many young Australian visitors to ANZAC Cove, 'what fine sons you (Australia) must have that they would travel so far to honour their forebears.' This task now remains with another generation, and for those generations

that will follow, to honour the memory of our war dead. At the going down of the sun, and in the morning, we will remember them.

If you are thinking of ANZAC Day in France in 2012, now is the time to start planning.

Visit: www.dva.gov.au/commems_oawg/
commemorations/commemorative_events/
anzac_day/Pages/france.aspx





Greek food and culture in Australia

Greek cuisine is a Mediterranean cuisine, sharing characteristics with those of Italy, the Balkans, Turkey, and the Levant. Contemporary Greek cookery makes wide use of olive oil, vegetables and herbs, grains and bread, wine, fish and various meats, including poultry, rabbit and pork. Also important are olives, cheese, aubergine, courgette and yogurt. Greek desserts are characterized by the dominant use of nuts and honey. Some dishes use filo pastry.

Mezes is a collective name for a variety of small dishes, typically served with wines or anise-flavored liqueurs as ouzo or homemade tsipouro. Orektika is the formal name for appetizers and is often used as a reference to eating a first course of a cuisine other than Greek cuisine. Dips served with bread loaf or pita bread. In some regions, dried bread (paximadhi) is softened in water.

Greek cuisine has a long tradition and its flavours change with the season and its geography. Greek cookery, historically a forerunner of Western cuisine, spread its culinary influence - via ancient Rome - throughout Europe and beyond. It has influences from the different people's cuisine the Greeks have interacted with over the centuries, as evidenced by several types of sweets and cooked foods.

It was Archestratos in 320 B.C. who wrote the first cookbook in history. Greece has a culinary tradition of some 4,000 years. Ancient Greek cuisine was characterized by its frugality and was founded on the "Mediterranean triad": wheat, olive oil and wine, with meat being rarely eaten and fish being more common. This trend in Greek diet continued in Roman and Ottoman times and changed only fairly recently when technological progress has made meat more available. Wine and olive oil have always been a central part of it and the spread of grapes and olive trees in the Mediterranean and further afield is not uncorrelated with Greek colonization.

The Byzantine cuisine was similar to the classical cuisine including however new ingredients that were not available before, like caviar, nutmeg and lemons, with fish continuing to be an integral part of the diet. Culinary advice was influenced by the theory of humors, first put forth by the ancient Greek doctor Claudius Aelius Galenus. Byzantine cuisine benefited from Constantinople's position as a global hub of the spice trade.

Greece has an ancient culinary tradition dating back several millennia, and over the centuries Greek cuisine has evolved and absorbed numerous influences and influenced many cuisines itself.













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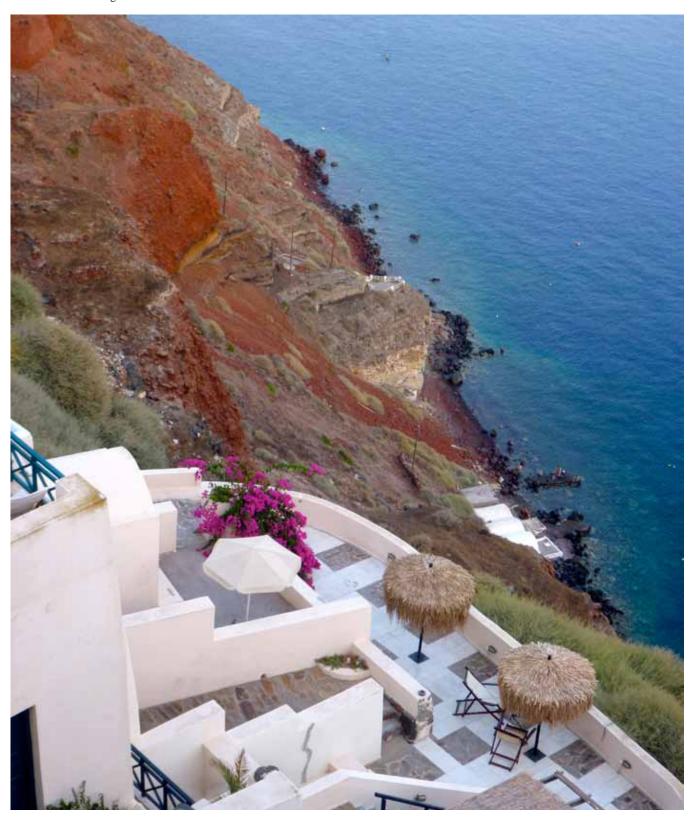
Greek food and culture in Australia (cont.)

Australians with Greek ancestry are the seventh largest ethnic group in Australia, numbering approximately 375,000.

The very first Greek settlers in Australia were in 1829, when seven convicts where charged with piracy by a British naval court, although later pardoned, two of the seven convicts decided to stay in Australia. Later more Greek settlers came with the gold rushes of the

1850s, and then in the 1950s and 1960s when the Australian Government migration schemes targeted Greeks and Italians. Today half of those Greek born live in Victoria and a third in New South Wales. As a result Melbourne and Sydney have large Greek communities, Melbourne is the largest Greek City outside of Greece and the home of Greek Immigration to Australia.

Melbourne as well as being Australia's second largest city has a vibrant large Greek population, with tzatziki and baklava sold alongside traditional Aussie favourites like steak and kidney pie. The Greek Precinct, Lonsdale and Russell Streets are lined with coffee shops, delis and restaurants with many of the signs in English and Greek.



PROFESSOR FIONA STANLEY

Fiona Stanley was born in Little Bay, New South Wales. Through her father, who was a researcher on polio, she met Dr Jonas Salk. An inspiration in many ways, for as a child, Fiona had said that "in my dreams I would sail out to all the undiscovered islands and inoculate the inhabitants in a whirlwind race to conquer disease and pestilence".

In 1956 the Stanley family moved to WA when Fiona's father took the Foundation Chair of Microbiology at the University of Western Australia. She went to St Hilda's Anglican School for Girls before studying Medicine at the University of Western Australia, graduating in 1970.

She married Geoffrey Shellam, who later occupied the same Chair of Microbiology that her father had occupied. They have two daughters.

Her first job in the early 1970s, was in a paediatrics clinic at Perth's children's hospital, Princess Margaret Hospital for Children, where her patients included thin and sick Aboriginal children flown in from remote western settlements.[2] She said of this work that "we would perform expensive 'miracles' ... and then dump them back into the environments that had caused their problems". Consequently, she says, she started travelling, with colleagues, to mission camp's, reserve's and fringe-dwelling group's in Western Australia, talking to the people there, trying to get a picture of the health and environmental issues. Through this, Fiona Stanley began to understand the impact of living conditions on children. She also worked at the Australian Aborigine Aboriginal Clinic in East Perth.

This experience sparked an interest in epidemiology and public health. She spent six years in the United Kingdom, at the Social Medicine Unit at the London School of Hygiene & Tropical Medicine, and the United States researching these areas before returning to Perth to establish research programs at the University and within the health department.



In 1977, her research group established the WA Maternal and Child Health Research Database. It is a unique collection of data on births from the entire state which has proved a valuable resource in predicting trends in maternal and child health and the effects of preventive programs. Stanley's research also includes strategies to enhance health and wellbeing in populations; the causes and prevention of birth defects and major neurological disorders such as cerebral palsy; the causes and lifelong consequences of low birth weight; and patterns of maternal and child health in Aboriginal and Caucasian populations.

In 1990, she became the founding Director of the Telethon Institute for Child Health Research, in Subiaco, Western Australia. The Telethon Institute is a multi-disciplinary research facility that investigates the causes and prevention of major childhood diseases and disabilities. Since 1995 it has received major funding from an annual telethon. It also receives federal and state funding, and monies from research foundations, grants and commercial contracts.

In 2002, due largely to her lobbying, Prime Minister Howard launched the Australian Research Alliance for Children and Youth (ARACY) of which she is Chairperson. The Alliance has offices located in Canberra, Perth, and Melbourne, and aims to progress collaboration and evidence based action to improve the wellbeing of Youth Australians. In her 2003 Kenneth Myer Lecture at the

National Library of Australia she talked about "modernity's paradox" in which increasing wealth and opportunity has also resulted in increased social differences and more problems for children and youth, including increases in asthma, obesity, diabetes, child abuse, binge-drinking, drug abuse and mental health problems.[6] She argued for cross-disciplinary work and said the challenge is "to intervene earlier in the causal cycles".[6]

She is a professor at the School of Paediatrics and Child Health at University of Western Australia, and the UNICEF Australian Ambassador for Early Childhood Development. She was named Australian of the Year in 2003. A planned hospital, Fiona Stanley Hospital, named in her honour, will open in 2014.

Awards, honours and other recognition

1996: Companion of the Order of Australia (AC), "for service to maternal and child health research, particularly in perinatal and infant problems, and for her contributions to improving aboriginal and community health" in the Queen's Birthday Honours List

2001: Centenary Medal

2002: the subject of an Australian stamp in a series of six stamps showing eminent medical Australian scientists.

2003: Australian of the Year

2004: the National Trust's Australian Living Treasure.

2008: runner in the 2008 Summer Olympics torch relay, in Canberra, Australian Capital Territory, 24 April 2008.[10]

Outward Bound Australia

Addressing the future of the incoming generation

In 1941, during a particular war-time situation, Lawrence Holt of the Blue Funnel Shipping Line noticed that it was the older and more experienced merchant seamen who were more likely to survive than younger men when they had to take to open boats after their ships had been sunk by German U-Boats. Holt took this problem to his friend and Headmaster of Gordonstoun School, Kurt Hahn, who designed a four week 'toughening' course for young men destined to be 'Outward Bound' in ships of the Merchant Navy.



Seventy years later, Holt and Hahn's legacy lives on in our own country, as Outward Bound Australia continues to help young people to develop self-confidence and resilience, step outside their comfort zones and address what is arguably the most vital issue facing society: the future of our incoming generations.

AMP Retiree and grandfather of eight, Les Gill, heard about the Outward Bound programs through a guest speaker at an AMP Retiree Association meeting. The speaker's words had a profound impact on Les and motivated him to sponsor his granddaughter, Rebecca, to participate in Outward Bound's Youth Navigator program. Les was astounded at the positive change in Rebecca's attitude when she returned from the course.

"My wife and I have eight grandchildren between us ranging in ages from 12 to 22 years of age. I became motivated to find out more about Outward Bound and how it can positively influence teenagers because I'm very aware of what an important and difficult time of life this can be, not only for grandchildren themselves but also for parents and grandparents like us.

My thoughts were, what a gift we could give to our grandchildren, so I followed through with Outward Bound and discovered to my delight that there was just one vacancy on the 12 day Youth Navigator course.

Nothing could have prepared me for the wonderful and inspiring stories Rebecca and I shared on our 5 hour return journey home after her Outward Bound course. I was quite honestly moved to tears on hearing of the wonderful growth and learning Rebecca had received. We are currently preparing to send our other grandchildren on Outward Bound courses; the rewards are immeasurable."

Perhaps there's someone close to you who could benefit from an Outward Bound experience. Why not give them the gift of opportunity? You can broaden the education of a family member or loved one, just like Les did for Rebecca, by sponsoring them to participate in an Outward Bound Course.

If you want to give someone you love a gift that will last a life-time and help them be the best they can be, call Outward Bound Australia on 1800 267 999 (free call), or send your enquiry to mailbox@outwardbound.org.au



Outward Bound and Australian Lions Clubs -The most natural of partners

The very first Outward Bound course in Australia in 1956 included young Australians sponsored by the Lions Clubs of Sydney and Lismore.

This first course was the catalyst for an exciting initiative that has been in place for decades; a highly successful, fully established Community Partnership venture with Australian Lions Clubs. The concept of Community

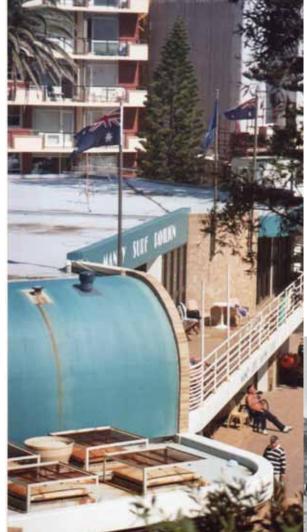
Partnerships is a simple one, with a clear focus on disadvantaged youth. There are over 20 Lions Clubs around Australia that have chosen to join with Outward Bound in this venture to give local youth the opportunity to take a unique journey of fun-filled but challenging self-discovery.

The Lions Club of Bunbury, just one of five Western Australian based clubs that are currently involved in the Community Partnerships Program, recently sponsored local student Brittanie Stackpoole to attend a Youth Navigator Course. "My Outward Bound experience taught me that I can't just sit around and wait for my dreams to come true; that sometimes you just have to get up, push yourself and make it happen," Brittanie said.

If you're interested in getting your local Lions Club involved in this joint venture with Outward Bound, call Claire Peck (08) 9840 1279 or Melissa Mak (08) 9322 1277 or send your enquiry to mailbox@ outwardbound.org.au

"BEING A GRANDFATHER
OF EIGHT, I KNOW WHAT AN
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TIME OF LIFE THE TEEN YEARS
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ABOUT THE OUTWARD BOUND
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WERE: WHAT A GIFT I COULD
GIVE TO MY GRANDCHILDREN!"





Celebrating 100 Years

Tony Bonner talks to The Last Post about the

MANLY LIFE SAVING CLUB



"As President of the world's greatest Life Saving club, I am honoured and humbled as we celebrate a Centenary of service to the local community and visitors. As both current State Junior and State Senior Champions, we not only excel in our patrolling duties but also in the competition arena. They say that a club is as good or as great as its membership. I am most grateful to have great members at Manly LSC." -Manly LSC President, Daniel Mulcahy.

Some of Tony Bonner's students are now enjoying world wide success on television, in film and on the stage.

Tony's work can be seen in The Anzacs, The Man From Snowy River, The Lighthorseman, Power Without Glory, Skippy, Cop Shop, Skyways, Home and Away and Neighbors. These are but a few of the award winning roles Tony has played. Tony's Stage work includes the productions of Love Letters, Only When I Laugh, The Sentimental Bloke, The Cellophane Ceiling, Are your being served and The Three Musketeers, while his last play he directed was 'One Flew over the Cuckoo's Nest'. Tony's most recent nomination from the AFI was for best supporting Actor in 2004.

TLP: Good morning Tony. You're, and your family are tied up in the history of the Manly Life Saving Club. How exactly?

Tony: My history dates back to my birth and my grandfather, James, was the first President of the Manly LSC in 1911. He was also the Mayor of Manly at the time. My father, Frederick, was a musical comedy actor here in Sydney. I have been President of this club on two occasions over the last 12 years and am still a management committee member holding the publicity officers position for the past 8 seasons. I have also been honoured with the Distinguished Service Award plus a few patrol

person of the year awards...my love affair with this club has been broken on many occasions over the years, living in Melbourne while filming many TV and Film productions over many years and overseas, filming in London, Turkey, Africa, Spain and the USA and other places that have made that an exciting part of my life as well. I have taught and still teach acting classes here in Australia and overseas. But for the last 12 years, my connection with the Manly Life Saving Club has been pretty regular.

What about club achievements?

Tony: Club achievements are current Branch and State Champions, which is great. The club ethos is to promote life saving and safe swimming. We teach people ocean skills, educate about the environment and that has community benefits. A lot of our focus is on Junior activities around the club which sets us and the community up for the future. Education is always important and a key factor in what we do as a club and nipper involvement. Our Nippers are also State Champions and our Nipper Programme is pretty spot on with leadership skills being taught to the older Nippers. Oh and of course, there is a Nippers Code of Conduct which is available for a looksee on our website. As far as responsibility's go, that is very, very important. As a club we also provide for disadvantaged and disabled groups.

AS PRESIDENT
OF THE WORLD'S
GREATEST LIFE
SAVING CLUB, I
AM HONOURED
AND HUMBLED AS
WE CELEBRATE A
CENTENARY OF
SERVICE TO THE
LOCAL COMMUNITY
AND VISITORS.







1982 and that was fine for back then but, well, look at the calendar. We needs funds to accommodate everything the club does now and the wide umbrella of people it represents. TLP: What about you? You're super busy...the acting? Still good?

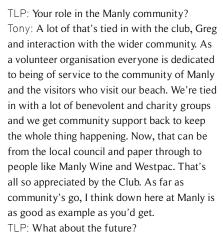
Tony: For me I am still acting; just finished feature, ¿The Stolen› plus ¿Punishment› ...directing both film and theatre, teaching at The Actors Centre and The Film and Television Academy plus private classes. I have two features coming up to do, The 34th Battalion and 2nd Drill, also a feature to direct, The Nowhere Man early next year...so all good. My three daughters are all focused and happy along with my two granddaughters and I'm involved in charities so that's good too.

TLP: Well, it might be time for a dip, eh, Thanks for the chat about you and the club Tony.

Tony: Good stuff Greg. The club remains an important focal point for the community and educating members as to what is required to live a good life and enjoy what we've been given.

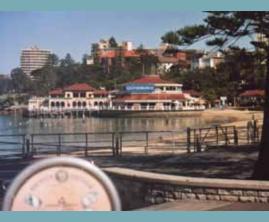
Manly Life Saving Club, South Steyne Manly, NSW

02 9977 2742 www.manlylsc.com.au



Tony: The club is moving forward in all areas. Membership - nippers (6-14yrs) now around 750 with patrolling members 650. The rest of our membership is Life Members and associate members and long service members, totalling around 2100, so its big business. As far as moving ahead goes, we also encourage a good view of history to keep it all in focus so the Australian Surf Museum is a good place to start. TLP: And to ensure relevance for the future, I notice there's a few things happening here. Tony: We are in the process of extensions to our club to accommodate the growth, just going through the process of seeking funding, probably around 2 mil will be required. The

club as it is or soon to be, was, was built in





More than one hundred artefacts from the First World War have been uncovered in an archaeological fieldwork survey on the Gallipoli battlefield, leading to some interesting theories about life on the frontline, Minister for Veterans' Affairs Warren Snowdon has announced.

Reveals Artefacts

Mr Snowdon said the discoveries were made as part of a second season of fieldwork undertaken as part of the Joint Historical and Archaeological Survey - the only systematic survey of the battlefields of Gallipoli since the First World War.

"This survey covered the northern frontline areas on the Turkish and Allied sides. One of the most significant finds was the Malone's Terraces area at Quinn's Post," he said.

William Malone commanded New Zealand's Wellington Infantry Battalion. Malone's men relieved the Australians at Quinn's Post in June 1915. This was a key position, where even the smallest advance by the Turk's would have forced the evacuation of the Anzacs.

Malone, who was killed during the fight for Chunuk Bair on 8 August 1915, greatly improved living arrangements at the post, including building terraces for troops to sleep in. These terraces were thought to have been lost.

"In addition to the Malone's Terrace area, the team also uncovered more than a thousand metres of trenches, dugouts and tunnel openings. Some 130 artefacts depicting life on the battlefields were also recovered and handed to a local museum for preservation," he said.

Some of the findings included three water bottles with bullet holes, pieces of medical

bottles, tin food containers, expended ammunition, glass shards, shrapnel and barbed wire fragments.

University of Melbourne survey archaeologist Professor Antonio Sagona said combined with findings from the first fieldwork exercise undertaken in 2010, these latest finds have led to some interesting theories about the conditions for the Allies and the Turks on the frontline.

'Turkish kitchens were much closer to the frontline than on the Allied side, indicating access to fresh meals. Processed food containers were common on the Allied side but not the Turkish," Professor Sagona said.

"In some areas it is clear that the Turkish soldiers used local materials - bricks and ceramic roof tiles - to reinforce their trench and tunnels whereas, no bricks or tiles were found on the Allied side."

The team also discovered the complexity of trenches near the frontline, noting that some trench networks were so dense that they would be difficult to map using even modern day techniques.

"Despite the historical importance of the Gallipoli battlefield, our knowledge of this area to date has been based on maps and written accounts. This area has never been



"THIS SURVEY IS THE FIRST OPPORTUNITY WE HAVE HAD TO CORROBORATE AND FURTHER EXPLORE THE EVENTS AND EXPERIENCES OF THOSE WHO SERVED IN THE GALLIPOLI CAMPAIGN WHICH PROVED SUCH A DEFINING MOMENT IN THE FORMATION OF OUR NATION'S IDENTITY.

studied in detail through modern archaeological survey methods," Mr Snowdon said.

"This survey is the first opportunity we have had to corroborate and further explore the events and experiences of those who served in the Gallipoli campaign which proved such a defining moment in the formation of our nation's identity.

"Some 50,000 Australians served during the Gallipoli campaign and more than 8,700 lost their lives. This is a significant chapter in the history of our country and we owe it to those who made the ultimate sacrifice in war to learn all we can about this period," he said.

The survey was conducted by a team of 17 eminent archaeologists, historians and researchers from Australia, New Zealand and Turkey who used noninvasive, advanced mapping, and GPS technology which records positions accurate to within 15 centimetres

Mr Snowdon thanked the team of archaeologists, historians and researchers from Australia, New Zealand and Turkey for their tremendous work on the project to date. He said he looked forward to following the research team and their findings throughout the five-year project.

Maps of the survey area, a selection of images of artefacts, a historical image of William Malone and further background on the survey is available at www.dva.gov.au/media.





History of SUP (Stand Up Paddle)



The first stand up paddle surfers emerged in Waikiki in the early 1950s, when the post-war tourism boom saw Matson cruise liners deposit thousands of thrill-hungry Americans on the beach under the shadow of Diamond Head.



The first stand up paddle surfers emerged in Waikiki in the early 1950s, when the post-war tourism boom saw Matson cruise liners deposit thousands of thrill-hungry Americans on the beach under the shadow of Diamond Head. Naturally, they wanted to try their hand at the new sport of surfing, or at least take a canoe surf under the expert guidance of a Waikiki beach boy. And there were plenty of beach boys up for the job. Duke Kahanamoku and his brothers were a bit long in the tooth by this stage, but in their wake had come a whole new generation of beach boys who lurked under the banyan trees flirting with pretty heiresses until their bosses, the concierges of the luxury hotels on the beachfront, waved them into action for the benefit of another troop of newly-arrived

There being no point in risking life and limb in the pounding breakers unless you had a photo to prove it, the beach boys were called upon not only to teach the sport but to photograph it, and the box brownie cameras of the day made that rather difficult. No one can now remember who was the first maybe it was one of the Ah Choy brothers, Leroy or Bobby but one of the beach boys came up with an ingenious idea. He borrowed a paddle from an outrigger captain, hung a Kodak around his neck and paddled into the break standing on his redwood hot curl board.

This went on at Waikiki right through the 60s and 70s, until even longboards got smaller and cameras became waterproof, yet no one really picked up on the fact that, with a few basic refinements of equipment, Beachboy surfing could be big fun. Well, no one that is except a few beach boys like the incredible John Zabatocky, who started to surf with a paddle to take photos and soon adopted paddle surfing as his only surfing discipline. Still going strong in his 80s, John is a true pioneer of SUP, along with Bobby Ah Choy, who made the final of a SUP event in 2007, just weeks before his passing.

The renaissance of SUP can probably be tracked to a long summer flat spell in 2000, when serious watermen like Laird Hamilton and Dave Kalama on Maui and Brian Keaulana, Mel Pu?u and Bruce De Soto at Makaha, seized on the idea of paddling their tandem boards as fitness workouts. It didn't take them long to realize how much fun this aspect of surfing could be. In 2004 Brian Keaulana introduced

SUP Team Rider Profile Questionnaire

LIZ	Uuiii	Idus	
Name:			

Name:	Liz Guilhaus		
Age:	47 (but you don't have to put that in!)		
Home town:	47 (but you don't have to put that in!) Newcastle NSW Adelaide SA 2 1/2 yrs Gizzids, Zid, Liz G, Chick 9'8y30 Flement oh la la		
Current Town:	Adelaide SA		
Time Riding:	2 1/2 yrs		
Nicknames:	Gizzids, Zid, Liz G, Chick		
Preferred Equipment?	9'8x30 Elementoh la la		
Boards:	9'1x29 Pro, 9' C4 Subvector, 12' Naish Glide, 12'6x 27 Ace		
Paddles:	Enduro 475, no name Hawaiin wave paddle, new Enduro, on its way!		
Discipline/s:	Wave, Downwinders and racing, fitness and meditation		
Competition Results:	2010 Womens Overall SUP Champion Onboard Robe Easter Classic		
	2010 Surfing Australia Womens SUP State Title - South Australia		
	2010 Onboard Jetty to Jetty Sup Race - 3rd womens division		
	2011 South Australian Ocean Paddlers 4 Island Classic SUP Division - 13th overall, only female entrant		
	2011 Surfing Australia Womens SUP State Title - South Australia		
	2011 Womens SUP Wave Champion Onboard Robe Easter Classic		
	2011 Womens SUP Race Champion Onboard Robe Easter Classic		
	2011 Snowy Mc Callister Longboard Festival Manly NSW - semi finalist SUP wave comp (no womens division)		
	2011 South Australian Ocean Paddlers Winter series Overall Female Winner SUP Division		
	2011 South Australian Ocean Paddlers Summer series 1st place Female Race 1 SUP Division		
	2011 Onboard Jetty to Jetty Sup Race - 2nd womens division		
Favoured Style:	Waves or fast Downwinders		
Best Trick:	Pilates Star- single arm and leg side balance		
Favourite Trick:	Getting to bed! (still trying)		
Funniest Moment:	Digging hard to get over a big wall of whitewater only to be caught, spun around and surfed all the way back to the beach. Couldn't have done it if I tried!!		
Scariest Moment:	Way out at the bombie at Robe, 'paddling for the horizon" as massive sets rolled in. Hanging around, on my owr		
	trying to take pics of Pete and Nat surfing said bombie, on 14ft race boards mind you, and seeing a big black		
	triangular fin surface 100m away. 15mins to get out there5 mins back!		
Favourite SUP Locations:	The Alley, Currumbin, Uturns, Day St, Waitpinga, Yorke Peninsular, Big Bend on the Murray River, Outer Harbour		
	to Second Valley, Freshwater, Kirra, Tweed River		
Home Locations:	Uturns, Anzacs, Southport reef, Seacliff to Glenelg for the dolphins and raysand cafes! Breathtaking sunsets too		
Inspirations:	Dalai Lama, Daniel Inosanto, my SUP and Pilates gurus and mentors, friends and family, paddling mates in SA SUP Crev		
	Zane Swcheitzer, Slater Trout, Laird, Annabel Anderson, Connor Baxter, Paul Jackson, Angie Van Hoof Jackson		
Favourite Riders:	Zane Swcheitzer, Slater Trout, Laird, Annabel Anderson, Connor Baxter, Paul Jackson, Angie Van Hoof Jackson		
Favourite Riders:	Zane Swcheitzer, Slater Trout, Laird, Annabel Anderson, Connor Baxter, Paul Jackson, Angie Van Hoof Jackson Suzie Cooney, Danny Ching, Tiffany Paglinawan		
Favourite Riders: Goals:			
	Suzie Cooney, Danny Ching, Tiffany Paglinawan		

SUP as a division at his father's famous surf event and party, Buffalo's Big Board Classic at Makaha. It was hugely popular, got major media coverage and the seal was broken. SUP was up and running.

Interestingly, in Matt Warshaw?s definitive Encyclopedia of Surfing, published in 2003, there is not one reference to stand up paddle surfing. Just four years later you can Google almost half a million references to it, and SUP cultures are emerging in every part of the known (and unknown) surfing world. With events like Australia's famous Noosa Festival of Surfing and Malfunction following Brian Keaulana's lead in creating SUP divisions, and barely-surfable locations like England's

Brighton Beach hanging their hats on SUP, the potential for growth in the sport is enormous.

So enormous, in fact, that SUP surfers can stand by for a backlash from board surfers at crowded breaks. But with world champion surfers like Hawaiian watermen Keaulana, Kalama, Hamilton and Kalepa, 80s shortboard star Tom Carroll, Pipe Master Rob Machado, longboard champions Joel Tudor and Josh Constable, and former tandem champion Chris de Aboitiz setting the standard and becoming role models for the new/old sport, it seems likely that a code of conduct will allow everyone to enjoy the waves.

Our thanks to Grant of standuppaddlesurf.com.au for this article.





The creation of a Veterans' Affairs portfolio and the appointment of a Veterans' Advisory Council at a state level are unique to South Australia. The portfolio was created in 2008 and has served the veterans' community of South Australia well. Indeed the structure has become a model for other states.

Below are the thoughts of the Hon. Jack Snelling M.P. the Treasurer and Minister for Veterans' Affairs in South Australia. As we head toward the Centenary of ANZAC the coordination of veteran activities and the support of the veterans' community will receive more attention and the South Australian model will no doubt be adopted more widely.

In a recent address Mr Snelling said the

I am pleased to be invited to share my thoughts after recently returning to the Veterans' Affairs portfolio.

As some of you may recall, I was sworn in as Minister for Veterans' Affairs on Friday. 21 October, 2011. I had been the Minister for Veterans' Affairs previously and I personally asked to return to this interesting portfolio. My father served in Vietnam and I feel I have a strong affinity with the portfolio and the veterans' community.

The Veterans' Community Meeting held in the Torrens Training Depot recently was the first event I attended in my ministerial capacity. I enjoyed speaking to members of the veterans'

Veterans' First for South Australia

"THE STATE HAS A GENUINE CONCERN AND INTEREST IN THOSE WHO HAVE GIVEN SO MUCH TO ENABLE US TO LIVE THE WAY OF LIFE WE ARE SO FORTUNATE TO ENJOY."

community and joining them for morning tea at the end of the formalities. The last Veterans' Community Meeting was held in 2008, shortly after the creation of the state Veterans' Affairs portfolio. That meeting was extraordinarily well attended and it resulted in the creation of a Veterans' Advisory Council (V.A.C.).

Prior to the meeting members of the veteran community were asked to rigorously assess what has been achieved since we last met. They were then asked for questions and suggestions for the future. At our last meeting a V.A.C. was promised. As many will know the V.A.C. was established in early 2009. It has met eighteen times since then, that is about once every seven weeks.

The veterans' community has endorsed the V.A.C. They have accepted it as providing what was promised when it was established - a voice for the veterans' community at the highest levels of government. They have been especially grateful to our former Governor, Sir Eric Neal AC CVO, who agreed to be the inaugural Chair. Sir Eric brings an unparalleled depth of experience and knowledge and independence to V.A.C. deliberations.

The V.A.C. comprises a Chair and sixteen members. Membership is finely balanced by gender, corps, service, rank and conflict. Members have between them seen service in nine conflicts or deployments including World War II, Korea, Malaya, Vietnam, Namibia, Cambodia, East Timor, Iraq and Afghanistan.

The most senior member is Mr Bill Schmitt. Regarded as a "living legend" in our community Bill was a member of the 2/3d Machine gun Battalion in the 2nd AIF. He served in the Middle East in the Syrian Campaign of 1941 prior to be captured by the Japanese in Java in March 1942. Bill spent the next three and a half years as a prisoner of war in Java and in Changi, Singapore.

Younger veterans serving on the V.A.C. have seen service in Iraq and Afghanistan. Several are still serving in the Australian Defence Force.

When the veterans' community met in 2008, the then Minister made three promises to the veterans' community. The first was to "keep in touch". Veterans SA, as the state government agency supporting the portfolio, have done that in a variety of ways. The primary one is a weekly newsletter, the Minister's Message. This

week saw the 139th issue of that newsletter distributed. There have also been copies of the Veterans' Voice newsletter published biannually. More recently, communiqués have been distributed after each V.A.C. meeting to ensure that veterans are kept abreast of what is important to their community.

The objective of the Veterans' Affairs portfolio was to provide support at three levels. The first was the individual level that would allow Veterans SA to assist veterans with day to day issues that affect individual members of the veterans' community. Veterans SA has been enormously successful here. Everything from medal entitlements, transport issues and ex-service graves have been investigated on behalf of veterans and their families. Veterans SA even assisted the daughter of a Vietnam Veteran when she was refused support under the Veterans Children's Education Scheme. Veterans SA appealed the decision on her behalf and that appeal was successful.

At a second level Veterans SA promised to look at bigger group issues specifically relevant to our State. There are plenty of examples of Veterans SA successes here, ranging from amendments to legislation, the creation of a Veterans Charter, and supporting the good work of the Veterans' Health Advisory Council in establishing a Veterans' Health Plan.

The third promise involved advocacy on behalf of veterans at both a State and Federal level. This type of advocacy has been carried out on behalf of individuals and groups. An example is the matter of military superannuation. Many will not know that the former Premier wrote to the Prime Minister about this matter twice. I also wrote to my Federal Counterpart as did my two predecessors. I acknowledge that it has not made much difference, however, as far as I am aware no other politician in any other State Government has made such representation.

In closing, I want to say that when it comes to veterans' affairs at a State level South Australia leads the nation. The state has a genuine concern and interest in those who have given so much to enable us to live the way of life we are so fortunate to enjoy. This is as it should be and I am looking forward to further assisting the members of the veterans' community achieve their aspirations.



TAYLOR COLLISON

Sharebrokers and Investment Advisers www.taylorcollison.com.au

MARK HARRIS GIV ABOUT FINANCE

The direction of the Australian sharemarket is primarily being driven both on very low volume and from overseas hedge fund managers. Local institutions and 'mum and dad' investors are risk adverse and sitting on the sidelines at present and we don't expect this to change in the near term.

However I believe the Australian economy, will remain reasonably resilient thanks to its close proximity to Asian continents who have forecast above average growth for the next

Comments from the RBA earlier this month highlighted that (with respect to the world economy) they expect European authorities to do enough to avert a real disaster but they will not be able to avoid "periodic bouts of considerable market volatility and uncertainty".

As such there is likely to be considerable uncertainty about the global economic recovery for some time to come.

On world growth: "Over the course of this year, forecasts for world growth in 2012 have been revised down from slightly above-trend growth to slightly below-trend growth. It is noteworthy that around three-quarters of the expected increase in global output is expected to come from the emerging and developing countries, a marked change from the past when the advanced economies accounted for the bulk of growth in

global output. From Australia's perspective, global growth somewhere around average, or just a little below, would make for a relatively benign international backdrop."

In light of this, I believe it is best to have a large percentage (up to 80%) of share portfolios positioned in defensive companies that pay solid fully franked dividends. Defensive shares are characterized by a business with a strong market presence and products that are still required during tough economic conditions. If you do have a defensive portfolio and the sharemarket goes sideways or backwards, at least you are earning a decent income stream whilst you wait for a recovery in capital values. Many good quality defensive shares are paying record dividends with their shares prices shown to be less volatile.

A decent defensive income portfolio would consist of the following stocks:

Woolworths (WOW) is Australia's premier major retailer- operating supermarkets, discount department stores, consumer electronics and more recently hardware and home improvement stores. It has an enviable sales and earnings track record. Market capitalisation exceeds \$33bn with annual sales of \$54bn. Compound annual growth rates around 17% for earning per shares and dividends per share has driven exceptional total returns over the past decade. This reflects well on managements' operational and shareholder focus and is responsible for its premium rating.

The stock has come back around \$4 in recent weeks and is paying an annualised dividend yield of 5% fully franked at current prices.

Telstra

Telstra (TLS) is the leading telecommunications and information service provider in Australia. It provides a full suite of services across voice, mobile, data and internet products. It has either a dominant or significant market share in each service category and the lowest cost provider. While competition is robust, market shares are likely to prove reasonably resilient. After full privatisation TLS can expand into areas that were previously off limits.

Importantly Telstra has a yield of 9% that has been promised for the next 2 financial years. They have also implemented many cultural and structural changes which have allowed them to claw back previously lost customers and corresponding revenue streams.

Origin Energy

Origin Energy (ORG) is a conservatively managed energy group with an established portfolio of operating businesses in energy generation, as well as a mix of alternative energy reserves and projects, including large Coal-Seam-Gas reserves, LNG development, and renewable energy.

The yield is not as substantial as other defensive shares, but its share price and past performance is very reliable.

Coca Cola

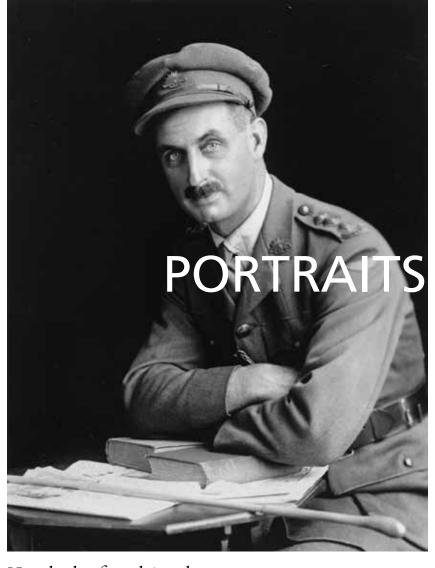
CCL is a well-managed bottler of Coke and other mainly non-alcoholic beverages, with a strong track record. A narrow moat stems from scale advantages flowing from the extensive distribution network. Revenues grow as new products, including ready to drinks (RTDs) and premium beer, are added to the chain relatively cheaply. Brand power supports price increases over time. Indonesia adds an additional growth stream. Healthy margins allow cash flows to comfortably exceed substantial capital requirements. Solid and growing fully franked dividends are set to continue. CCL is a suitable core holding for defensive investors.

Wesfarmers

WES is one of the major Australian corporate success stories. From a collection of basically unrelated operations WES created an efficient cash generating machine. The global financial crisis and the unrelenting focus on debt levels significantly impacted the market capitalisation. In more normal times a premium multiple was accorded due to the combination of strong cash flow generation, solid net profit growth and a focus on the creation of shareholder wealth over the long term. The acquisition of Coles Group has the potential to underwrite solid earnings growth over the next decade. WES is for patient long term growth and income investors. It pays a yield of 4.5% fully franked.

If you have any questions on the above article please do not hesitate to contact me.

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of WW1 Diggers Revealed

By Bridie Smith

Hundreds of unclaimed portraits of World War 1 Diggers taken in London before they left to fight on the Western Front have been added to the National Archives collection.

The 500 black and white portraits were found among 1600 photographs of allied soldiers collected by the Imperial War Museum, London, after the war.

Department of Veterans Affairs historical researcher Courtney Page-Allen said the studio portraits were valuable as they were about the individual.

"The most important thing is that it reminds you that every one of these men was a real man with a life and a family," she said.
"Over the years I have seen literally millions of photographs from public and private collections. But these are different. They are not photos taken in the trenches or on the frontline where the story was the battle. These are about the individual."

In contrast, Ms Page-Allen pointed to servicemen killed in Iraq and Afghanistan who are remembered as individuals – mainly possible because modern-day fatalities are comparatively low.

Among the portraits in Ballarat engineer William Robert Allen, who was killed in France in February 1917, six months after becoming a lieutenant.

Also found was a photograph of Queensland farmer Irvine Barton, who was 19 when he joined the 2nd Light Horse Regiment in 1914. He died in France of wounds in April 1918 after being awarded the Military Cross for his "coolness, dash and military judgement of the highest order" a month earlier.

According to a report in the London Gazette, he was on patrol behind enemy lines when he allowed eight German soldiers to come within a few feet of his concealed position. After calling on the enemy to surrender, Barton was wounded in the gunfight. Within a month he had returned to the frontline, where he was fatally shot.

Gathered over the past 18 months, the digitised portraits will be presented to the National Archives by Veterans Affairs Minister Warren Snowdon. The originals will stay with London's Imperial War Museum.

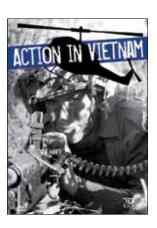
The Age

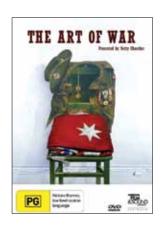


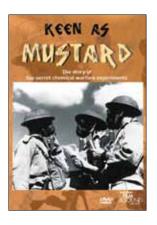
AUSTRALIA'S MILITARY HISTORY -DVDS FROM THE NFSA

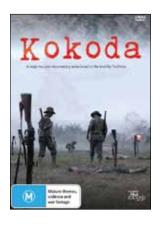
The NFSA, Australia's living archive, is proud to manage and distribute the Film Australia Collection. This rich collection, built up over many years, presents a diverse range of quality Australian documentary programs.

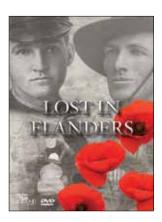
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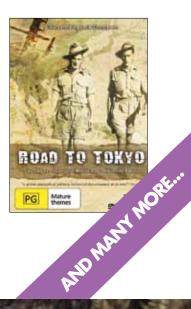












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NEW EHEALTH SITE TO BENEFIT VETERANS IN IPSWICH AND SOUTH BRISBANE

The Minister for Veterans' Affairs, Warren Snowdon, visited a Queensland doctor's clinic in October to see a new program which will make Personally Controlled Electronic Health Records more available to veterans and their GPs in the Brisbane South and Ipswich area.

Tarragindi Medical Centre on Brisbane's Southside is taking part in an eHealth project led by the Brisbane South Division of General Practice as part of the local division eHealth site.

The project is part of the Government's \$467 million investment in the Personally Controlled Electronic Health Record (PCEHR) system to connect health providers and their patients in a shared electronic health community.

"Electronic health records have the potential to save lives, time and money and make the health system more efficient, ensuring doctors and patients have access to the most relevant and up-to-date medical information," Mr Snowdon said.

The project in the Brisbane South and Ipswich area will develop personally controlled electronic health care records for key groups,

particularly members of the veteran community, to share with their providers.

Veterans who choose to register for an eHealth record will no longer have to remember and repeat their medical history every time they see a health care provider.

Key information will be recorded electronically and be available to the veteran and the health care provider they choose to share it with.

At least 100 general practices and up to 25,000 individuals in the South Brisbane and Ipswich regions are expected to be enrolled through the Brisbane South Division eHealth site.

"I encourage veterans, war widows and their GPs to participate in this project, it is a fact that a large portion of our veteran community are elderly with complex and chronic conditions and these are the very people that will benefit most from the new program," he said.

CEO of Brisbane South Division of General Practice, Ms Vicki Poxon, said that the Division was leading implementation of the national PCEHR program.

"Our project is an early roll out site for the PCEHR program and the electronic health record developed will help avoid unnecessary duplication and time delays, such as where a veteran has already had tests, as the results will be available and the tests won't need to be repeated."

Mr Snowdon said that along with the PCEHR program, the Government was building national infrastructure to allow secure access to health information where and when it is needed. It will also give Australians more control over their information across the health system and create opportunities for more holistic care.

All Australians will have the option to register for a personal record from 1 July 2012.

"The PCEHR program will deliver great benefits for veterans around the nation and I will work with Health Minister, Nicola Roxon, to maximise opportunities for veterans to participate," Mr Snowdon said.

More information on eHealth and the PCEHR is available at www.yourhealth.gov.au

CALL FOR VOLUNTEERS FOR ANZAC DAY 2012 IN GALLIPOLI

The Minister for Veterans' Affairs, Warren Snowdon, encouraged Australians to consider being part of the team of volunteers to assist in next year's Anzac Day commemorations in Gallipoli, Turkey.

The Conservation Volunteers (CV) program applications closed on 15 November 2011 and received a big response.

"The volunteer program to Gallipoli offers an opportunity for Australians and New Zealanders to make a valuable contribution while experiencing the reverence of this symbolic historic occasion," he said.

"Anzac Day is a reminder of the courage, resourcefulness, determination and mateship displayed by the Anzacs in 1915.

"The contribution of the volunteers on the ground during the Anzac Day period is highly valued. Those selected are partly subsidised for the costs of the trip, so they can assist with a range of activities including site preparation, crowd liaison and distributing information packs to visitors."

The Conservation Volunteer's program runs from 18-29 April, with 30 places available. Volunteers must be over 18 years of age.

Volunteer Josie Sargent from Coogee in New South Wales said her trip to Gallipoli this year was a valuable experience with a very organised group of professional, fun and knowledgeable people, passionate about their work and contributing in a worthwhile way to Australia.

Fellow volunteer Stewart Peace from Moama in New South Wales added, "Being on the ground with Conservation Volunteers gave us an opportunity to contribute to the commemorations... and see the respect and reverence shown by all young Australian and New Zealanders [there]."

The Australian and New Zealand Governments, together with the Turkish authorities, plan and facilitate the commemorative services for thousands of visitors to the Gallipoli Peninsula, including the Dawn Service, Australian service at Lone Pine and New Zealand service at Chunuk Bair.

For more information on the volunteer program or to apply for future commemorations, phone 1800 032 501 or visit www.conservationvolunteers.com.au

For more information about Anzac Day commemorations visit www.dva.gov.au/gallipoli

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Breakfast, Lunch & Dinner

NEW YEARS EVE Dinner Dance

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Happy Hour 2pm to 4pm

MONDAY

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Bingo & Crib

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Bistro Open 12 - 2pm Bistro Open 5.30 - 8pm

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Bistro Open 12 - 2pm Bistro Open 5.30 - 8pm

SATURDAY

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Bistro Open 5.30 - 8pm

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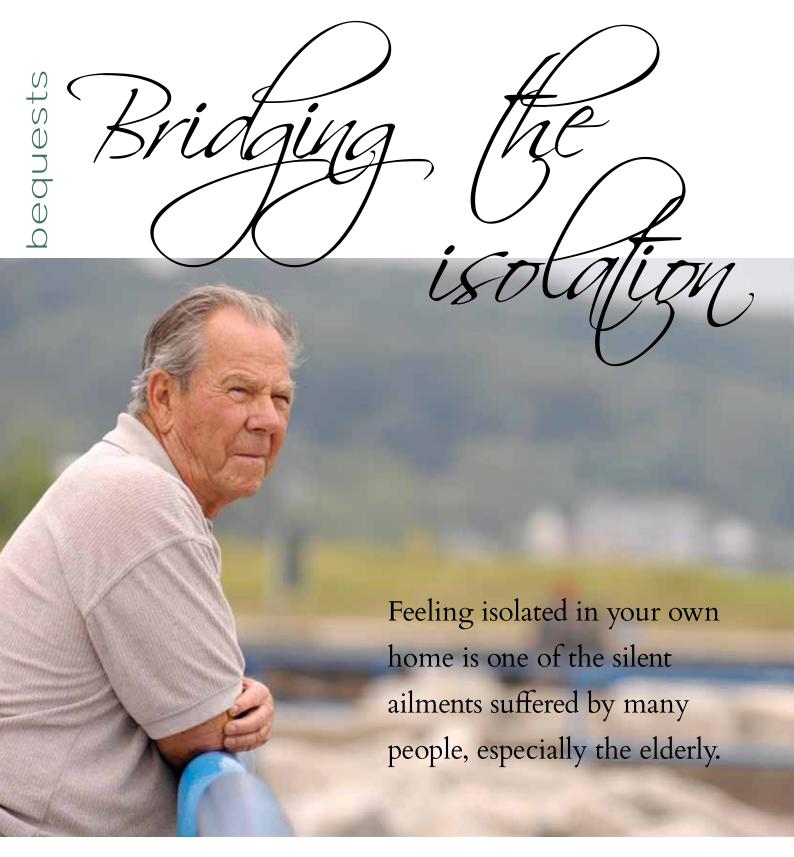
(beer, wine or softdrink)

Present coupon for redemption

Not to be used in conjunction with other offers.

.........

make our RSL your RSL



The St Vincent de Paul Society has a widereaching network of local members that are relied upon to provide care and support at a grass-roots level. Their core work is visiting people in their homes who are struggling either financially or emotionally.

Fred O'Connor has been a Vinnies member for the past 18 years, and the president of his local area for the past four, so he has certainly seen more than his fair share of broken spirits.

In Fred's local area there are 61 homes that are visited. Of these, 33 house single people,

22 are home to single people with children and 6 are the homes of couples. He points out that of those homes with children, all the single parents are women.

"A lot of the cases I have seen began the same way; a woman who is abandoned or widowed is left to take care of the kids on her own. They suddenly find themselves stuck with all the bills and it is often too much to bear."

With the cost of living on the rise, everyone is affected on some level, but for those barely

FINANCIAL PRESSURES ARE OFTEN EXACERBATED BY MENTAL OR PHYSICAL ILLNESSES, RENDERING THESE MOTHERS UNABLE TO WORK FULL-TIME OR AT ALL. THE AMOUNT OF INCOME AND SUPPORT IS SIMPLY NOT ENOUGH, AND IT IS THESE MOST VULNERABLE PEOPLE WHO TOO OFTEN SLIP THROUGH THE CRACKS.

making ends meet, these increases are often unmanageable. According to the Australian Bureau of Statistics, the most dramatic price increases were in property rates and charges (+6.2%), rents (+1.1%) and electricity (+6.0%), all of which hurt those struggling just above the

Financial pressures are often exacerbated by mental or physical illnesses, rendering these mothers unable to work full-time or at all. The amount of income and support is simply not enough, and it is these most vulnerable people who too often slip through the cracks.

"These women are trying to pay the rent, electricity, phone and medical bills, as well as provide their children with food, clothes and some semblance of a life. Most are getting some Government support, but when you have multiple problems such as these, and an

economy that seems to be working against you, it's never enough," Fred says.

Fred tells the story of one of his home visit clients, Naomi, who is single, suffering bi-polar disorder and supporting three children on a part-time wage. One of her boys requires constant care as he suffers from autism.

This is where the St Vincent de Paul Society steps in to offer food hampers and vouchers, help with medical costs, electricity vouchers, counselling services and household goods.

Fred describes the most rewarding part of being a member as getting to meet people like Naomi, who are ever so grateful for everything they receive and haven't let their situation get them down.

"In spite of her circumstances, she is always thankful. I've even been told by other families in her neighbourhood that after we deliver her food hampers, she will visit others on the street to make sure everyone else has enough. Every time I see a smile on her face I am inspired."

Having seen the difference that the St Vincent de Paul Society makes first-hand, Fred felt compelled to leave a gift in his Will to ensure the good works continue.

"My money will be no good to me when I'm gone. Vinnies do a lot of good in the community and I want to be a part of helping to make this work live on. Leaving a bequest is one way I can do this.

I've set aside enough to make sure my family will be comfortable and I have left a percentage of my estate to Vinnies so that if my property increases in value, my assets will still be distributed the way I intended.

I hope it will be my lasting legacy."

*Names have been changed to respect the privacy of our Members.

Remember Vinnies in your Will and leave a lasting legacy

Please tick all that apply

Did vou know that the most powerful, practical and lasting way to help the St **Vincent de Paul Society is to** leave a gift in your Will? This decision ensures that our programs for people in need will continue well into the future.

While no one likes to think about Will-related matters, it is never too early to plan ahead. We have prepared two useful publications to help you ensure your personal affairs are in order. Simply complete and return this form for your free copies.



Mapping your Assets - a valuable and practical tool for recording your pe	ersonal
information	

Preparing your Will - a simple guide to putting your legal and financial affairs in order

I would like to remember the St Vincent de Paul Society in my Will

please contact me for a confidential discussion.

I have already included the St Vincent de Paul Society in my Will I would like an Honorary Solicitor to help me with my will

Title First Name

Phone Mobile

Post to: The Bequest Team, St Vincent de Paul Society, PO Box 19, Petersham NSW 2049 or contact our Bequest Officers on (02) 9568 0234 or email bequests@vinnies.org.au.



vinnies.org.au

oeople

Peter Fisher Simbles

TLP: Hello Peter and thanks for joining us here



Peter FitzSimons is one of Australia's most prominent and successful media and publishing identities. His busy professional life involves cohosting the breakfast program on Sydney's Radio 2UE, writing weekly columns for the Sydney Morning Herald and Sun Herald newspapers, appearing on Foxtel's Back Page television show and, when time permits, authoring best-selling books. A correspondent for London's Daily Telegraph as well, he is also in high demand as a guest speaker and presenter.

TLP: Hello Peter and thanks for joining us here at The Last Post Magazine. Your books have a distinctive Australian-ness about them......What's it like to be an Australian?

Peter: Very interesting question. At the moment I'm writing the book on the Eureka Stockade and there's a fantastic thing I've discovered when Peter Lalor, who was the hero of the Eureka Stockade arrived in Australia. Four of the guys on the ship immediately jumped ship and went off in the whaling boat and the Captain comes up on the deck and he tells the man who was second in charge, who was meant to be looking after the boat, that "we'll take that out of your wages" and the guy who's second in charge say's to the Captain, "Well you can take it out a dozen times, I don't care, as long as you'll take an I.O.U.". And then, the immortal line, written back in 1854 of the new arrival who wrote this account said, "This indeed seems to be a country where Jack is as good as his master." And that is the long-winded way of getting to answer your question in that we are a uniquely egalitarian nation, where by we pretty much all reckon that nobody's better than anyone. I think that is in our cultural DNA, probably from the convict days when a lot of them came here to start again. You had convicts that became lords of the manor and you had lord's of the manor that were convicts. So, that is the unique thing about Australia is the egalitarianism.

TLP: Is that worth defending in the sense that, in much of the mainstream media of late, has the Australian spirit been misrepresented?

Peter: Aaaah, interesting. Yes but I still think that it's our cultural foundation stone and it's our strength and it's probably formed the basis of our integration with multi-cultural life in this country because, "I doesn't matter where you're from, mate, welcome to Australia, you beaut". If we were a more class-bound society we wouldn't have that egalitarianism.

TLP: A lot of what you've written, some of that must feed from your father and mother obviously but, your father, he saw active service, didn't he?

Peter: Yes, my father saw active service and my mother in Bougainville and Lea and Darwin particularly, you know, as a physiotherapist helping to put wounded soldiers back together. TLP: Did that have an effect on your upbringing, with both parents having seen active service? Peter: Yes, I think so and with that, an innate respect for the diggers. We went to every Anzac

Day and a lot of Mum and Dad's friend's were from the army.

TLP: I saw an ABC Shops DVD recently on

an amazing Australian, Vivien Bullwinkle. Are you aware of her story?

Peter: An amazing story about a wonderful woman. I haven't got around to writing her story but, from first hearing of Vivien, I thought I'd love to do that. A very interesting story. TLP: As relating to your parent's service, your books cover uniquely Australian subjects and characters. Are these people close to being what one may identify as the "true" Australian's? Peter: No, I think the essence of Australia is our diversity. You know, I love the fact that we're, well, we're a homogonous people but made up of so many different cultures and history. I love the song, and think it should be our national anthem, the song, 'I Am, You Are, We are Australian' with lyrics like, 'We came from the dreamtime, from the dusty red soil plain, I am the ancient art, the keeper of the flame. I stood apon the rocky shore and watched the tall ships come, for 40,000 years I am the first Australian'. He keeps going with this lyric, saying stuff like, 'I am the farmers wife, I am the digger, I'm the one that waltz's Matilda etcetera and I think that encapsulates how we have come...in the words of Kim Beazley, "We all came here on different boats and we're on the one boat now". TLP: With your rugby days, you played for Sydney Uni and Manly, is that right? Peter: Yes, that's right.

TLP: And then you went across to France and played there. Were you the first foreign player that club had employed?

Peter: Well, it's true to say I was in the vanguard of Australian players going to Europe. Before me, Roger Gould had gone and I think I was pretty much the first after Roger. I went first to Italy and then to France. There may have been another guy before me that went to France, yeah but I can't remember his name but, yes I was in the vanguard.

TLP: What was it like being an Australian, playing for a French club in France? Peter: Well, Italy and France were both fantastic. First, I went to Italy and had a fantastic seven or eight months there. I didn't play particularly good rugby but I learnt the Italian language and travelled all over Europe in my Fiat 127. My first big trip was to go up to the corner of Italy, up to Bulgaria, through Yugoslavia, into Turkey, down to Gallipoli. That was one of the best trips of my life, to go to Gallipoli for the first time. That was in 1985 and then I came back. I was in love with a South African girl at the time while I was playing rugby in Italy and I travelled through Africa. In that ten, maybe twelve months that I was away I travelled all over the world. All through Europe

I THINK THE ESSENCE OF AUSTRALIA IS OUR DIVERSITY. YOU KNOW, I LOVE THE FACT THAT WE'RE, WELL, WE'RE A HOMOGONOUS PEOPLE BUT MADE UP OF SO MANY DIFFERENT CULTURES AND HISTORY.

and from Cairo to Cape Town. It was rugby that got me to see those parts of the world and after that I had four years in France. And the most wonderful thing about that time in France was it gave me precious time get off the merry-goround and think about what I wanted to do. And one of those things I wanted to do was write. TLP: Had your father or mother been involved in any writing?

Peter: Dad was very literate. He was always reading and taught us poetry. Of my six brothers and sisters, of all the things we were taught by Dad, I mightn't have learnt as much about other things but I certainly learnt poetry. Dad knew all about trees. I wouldn't know a eucalyptus from a blue gum, I know a blue gum is a eucalyptus but of flowers and plants, I knew nothing but somehow, everything he taught us about poetry and learning poetry, I remembered because I

TLP: Award-winning Australian poet, David Campbell, who's in this issue by the way. I was speaking with David and he voiced the fear that Australian poetry as we knew it was, perhaps, being pushed to one side and no longer carries the significance that perhaps it once did. Is it importance to maintain this literary link? Peter: Oh, yes, I think so. That's a very interesting point and I suspect, sadly, that is right, what David said. I was taught Banjo Paterson and I have tried to teach Banjo Paterson and, Rudyard Kipling. I love all that stuff.

TLP: I remember being in a Perth restaurant years back and in shorts and thongs, a group of young surfers started reciting Australian poems. It was very moving and left me thinking that I should have known these poems well enough to join in the recital. So, I guess, it's still there but perhaps hidden in so much of the other stuff that goes on. I suppose I shouldn't have been surprised because sun, surf etc is tied in with Australiana or at least the perception of it. Life Saving Clubs on the beaches around Australia, you've been involved in that too.

Peter: Yeah, I'm a patron up at Newport. My grandfather started it in 1913, from memory and I've been a patron of the Newport Surf Life Saving Club. It's a fantastic club. As far as culture goes and what we covered before, they are the backbone of the Australian beach culture and as far as the Australian beach goes, if the world could work itself out the way people do on the Australian beach it would be a fantastic place because the thing about the beach is, on Newport beach, you have butcher, baker, candlestick maker....rich man, poor man, beggar man, thief all sitting beside each other. Everybody's exactly equal and

nobody particularly cares whose from where. They're just enjoying the sun, the kids and the pretty girls walking passed. It's a fantastically egalitarian place and you can enjoy it for free. TLP: With your role in the media, is it part, or do you see it as part of your brief to bring some intelligence back to discussion on topics..... Peter: I don't know. I think you could broadly say that a fair sway of the Australian media are very strongly conservative. I would cast myself as a small 'l' liberal. My view on things, on most things, is small 'l' liberal. I believe in the republic, I'm proudly a member of Oz Flag, I want the Union Jack removed from our flag. I think, to have the flag of another nation on our flag, to define us by the flag of another nation is ludicrous. I want us to be a republic, I believe in drug-law reform, I don't think our drug laws are working. I also think there needs to be a look at praying to a Christian god before each session of parliament, again, I think it's ludicrous. So I raise those issues and sometimes people get upset by them. So be it. I delight in getting emails on the subjects because people are at least thinking about them.

TLP: Is there a disrespect for the democratic system taking place and if so, how do we stop that?

Peter: I think public debate has shifted fairly far to the right and shock-jocks have far more influence than they should. I did a couple of years of breakfast radio on 2UE with Mike Carlton, up against the likes of Alan Jones. The truth of it is, on any given issue, the truth of that issue has so many nuances and complexities that it is difficult, you've got to work hard to get to the truth. On the other hand, if you just embrace the bullshit, things are much easier with a much more saleable message. Bullshit always sells better than complex answers which is what is nearly always required to get to the truth. TLP: What about books, you've just got one about to be launched, haven't you. Are you working on any at the moment? Peter: Yeah, I've got Douglas Mawson. The Governor-General launched that book down in Hobart on December 1st. That date is the eve of Mawson's departure for Antarctica. So, that book, I'm busily promoting that right now. It's all about Douglas Mawson at the moment and then it'll be The Eureka Stockade. After that, I'm

TLP: Do you get time to relax? Peter: Yes, I do. I've got a boat on Sydney Harbour which I take the kids out on, that's great. We've got a tennis court and a swimming pool and we've got a farm and of course, I enjoy my work and it doesn't feel like work, it feels like I'm engaged in a passion.

not sure.

Everyone is



Tuesday is the popular \$17 steak night, with the initial feedback on this price level and product being very good!

Wednesday's \$13 "Parma and Pot" night is very popular, attracting a very good range from the local community of all ages.

The club's Belmont building has just undergone major refurbishments, expanding the car-park to fit 155 cars and sprucing up and extending the front of the building.

Members will pay only \$8.50 for lunches and \$3.50 for pots of beer.

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Geelong RSL



wetcome at Geelong RSL.

The club also have bands every Saturday night and holds jazz nights every Sunday where you can purchase a two-course meal is just \$18. Regular meal and show nights started off on October 28, with Iconic Australian rock star Ronnie Charles in his band, Ronnie Charles and the Retro Bandits. More great acts on their way.

The Geelong RSL also features a large function room with fully-serviced bar and kitchen which

can be booked for any occasion for \$250. Half price if you support my footy team!

Manager Chris Bennett says despite common misconceptions, anybody can become a member.

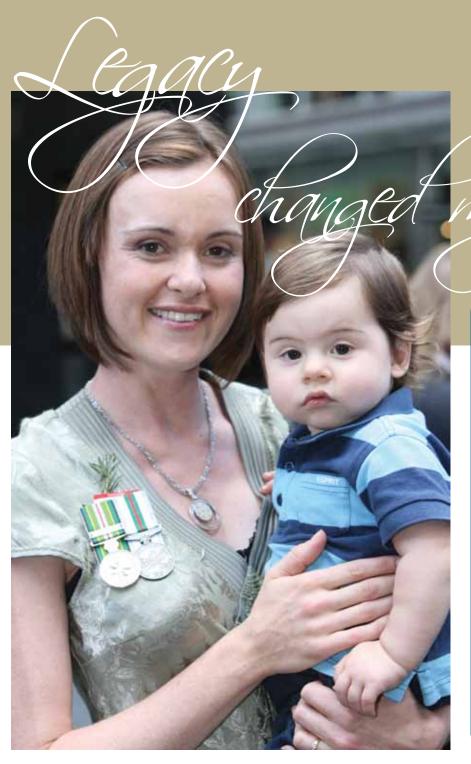
"We're here for everyone," he says. "You don't have to have served in the defence forces or be service persons relative, you're very welcome here."

"Every day at 6pm we honour the people that guard our freedom with a moments silence."

Chris says the most anyone pays for membership is just \$35 but non-members are also welcome to come and enjoy some of the facilities.

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Miriam Zariffa case study:

Miriam Zariffa will never forget the week that changed her life. Filled with joy and tragedy, it left her facing an uncertain future - until an unexpected hand reached out. Miriam and her husband Peter had been trying to have a baby for two years. When she discovered she was pregnant, the couple was thrilled. However in a devastating turn of events, only three days later Peter died at home. Miriam's world consequently came crashing down.

The late Dr Zariffa had served in the Australian Army as a Medical Officer in East Timor and had been awarded the Interfet Medal and the Australian Active Service Medal. One of Miriam's work colleagues knew Peter had served in the Army as a Medical Officer and put Legacy in touch with her. Miriam recalls: «I was five weeks» pregnant, I felt so alone. I would have locked myself away and thrown away the key. However Legacy contacted me and just knew that I needed help - not just financially - but socially.

"After Legacy approached me offering help, I felt a weight lift off my shoulders. It was not so much what they could do for me that lightened this burden I found myself with, but a sense of relief. Knowing I was not alone; that people understood. I became a part of a new caring family.

"Legacy changed my life by taking me from a place where my heart was broken, by listening. They helped bring me back to reality by encouraging me to attend social gatherings and they have given me many new (aunties) for my one year old boy, Isaac, from my young widows group.

"Legacy means more to me than words on paper can express. They are the helping hand, giving without expecting anything in return. Legacy has shown me the wonderful side of life, even after a tragedy. They are like a warm fireplace in the middle of winter to which I can return. Legacy has shown me true compassion."

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All **Things** Creative

A Conversation with

Anne Lambert

Anne Lambert is a well known Australian actor who many remember for her role as Miranda in Peter Weir's direction of Joan Lindsay's 'Picnic at Hanging Rock'.



After working on stage and screen for many years overseas, Anne now lives in Sydney and works as a psychotherapist and counsellor.

TLP: Welcome to The Last Post magazine Anne and thanks for joining us. Your acting, was that something that you feel was always in your blood, growing up in Brisbane, what was that like?

AL: Ha. I think boring is probably the right word and that probably had a lot to do with my turning to the imaginative world. Drama, exploring and inhabiting other places and times and characters seemed like a more interesting choice. I think it had a lot to do with it, growing up in Queensland. I was born in 1955 and it was incredibly conservative, it was incredibly dull is the best way of putting it. I lived in Ipswich and it was all...it was a funny period. So it led to my interest in theatre and drama and all things creative. It was a way of bringing some much needed colour into my life. TLP: It was an interesting time. Did your parents promote this side of you, was there

AL: I studied drama all the way through my childhood and, I guess my mother must have supported it to the extent that she paid for

classes with the local drama teacher in the country town we were in or in Brisbane. We moved around quite a bit. So, there was that kind of support. I mean, you either did ballet or you did drama or you played with the piano and the nuns taught you or things like that just as part of growing up.

TLP: How much did 'Picnic at Hanging Rock' change your life?

AL: It had a huge effect on my life. And continues to have. It's extraordinary. I'm still aware of, and meet people all the time who have either just seen it or for whom it was an extraordinary, meaningful experience. It's opened doors and accompanied me throughout my life. At the time of making the film I wasn't aware of just how big a part of my life it was going to be and what an ever present thing it was going to become. Of course, I've got used to it now but at the time, I didn't know. TLP: And part and parcel of that I guess, through acting, is your meeting and being given the opportunity to work with interesting people. AL: Exactly and I think that's the great gift that a part like Miranda gives you. People come up to you and talk to you and as far as they're concerned they can skip introductions because they already know you and there's a warmth

and openness that is such a great starting point and I feel very blessed in that regard. TLP: You have done some stage performances

too, with Lauren Bacall? AL: Yes, I did that here in Australia and that

was great but I did work in theatre for a long time and a lot of that was overseas. I haven't done a great deal of that here and that's part of the reason I left. I'd got stuck in tw land here and I knew I needed, wanted to do more in the theatre, desperately. So I went over to England and did that. Yeah. And then I came back and tried that old thing of trying to live in two places for a while, spending 6 months here and 6 months there. But it's very hard to do and by the time I was ready to have children I knew I wanted to be here.

TLP: Acting...is it still in your blood? AL: Yes it is. I think I'll always want to act but at the moment it's not in the foreground. It's not the thing I think about all the time. I like working with people I know and on projects I really care about but I'm not really in the hurlyburly of it anymore, by choice.

TLP: You studied psychology?

AL: Yes, well I did start studying psychology and got about half way through and thought, if this is all we know about the human condition,

acting at school?

we're in big trouble. It just wasn't lighting me up. So I explored a little further and ended up undertaking a degree in psychotherapy and counselling and that seemed to suit me as a way of seeing the human experience.

TLP: Encouraging individuals to take an honest look at themselves?

AL: Absolutely. Any type of self healing or self growth that comes from that, that's what it's all about. To get to know ourselves, first and foremost, yeah. Being honest is the best starting point.

TLP: I suppose that involves people's willingness to perhaps change, is that easy?

AL: Change is a tricky one. It's one where when we know we should, we'll often just avoid and there are some things that seem to be the bleeding obvious to everyone else but remain things that people aren't prepared to let go of, even if they may be incredibly unhealthy. So it's really tricky but that's actually what my degree is in...human change.

TLP: And that requires an honesty with yourself, first and foremost?

AL: Yes, I think trying to find that and tune into ourselves, to get in touch with that little voice, that true self and to live in that place and to stand in your own truth and that's the ultimate goal of all my therapy.

TLP: Maybe a lot of people are reluctant to change because they feel they may not have the strength?

AL: Yes, well, we're all trained from such an early age to people-please and I think we may be frightened that if we do take the risk of being ourselves... and with a secret fear in all of us maybe that our true self may be somehow unacceptable so I think what a lot of people do is to pretend to be normal and pretend to be what they imagine other people want them to be. The result may then be that they lose touch entirely with who they are. Then the life that we lead when we're living in that unauthentic place, starts to feel more and more uncomfortable. That's often when I'll end up seeing people, when they're in a life that no longer works or fails to express anything of who they really are and have lost touch with that real self.

TLP: I suppose the extra fear there is that there's no plan b, If they reveal the real self and it's rejected, they may feel they have nothing to fall back on.

AL; Yes, it's extraordinary. I was speaking with a client today about the poisonous comments that people make on the internet about others. Or experiences people may have had in their childhood, like bullying. If there's anything perceived as different about you, you can bet your bottom dollar that there'll be someone only too happy to point it out. Because of experiences like that, people understandably become wary about expressing themselves and particularly if there's anything they feel

may be slightly "different" from social norms... whatever normal is. We carry this idea of that word and measure ourselves against it. There is a lot of pushing things underground or even compartmentalising ourselves, cutting parts of ourselves off altogether that we feel don't fit or aren't acceptable or might be rejected. The bottom line is we all want that sense of belonging.

TLP: Is the media to blame or are they just an easy target. There seems to be a degree of trivialism that has invaded our media. AL: Absolutely. It's up to all of us to draw our own lines on what's acceptable. Just as we don't eat junk food all day it's important not to put junk into our heads either. Not all day, every day, I mean a little bit of junk's ok. But continual junk, for the mind or body as a staple diet, is not good for you. I do worry about the type of values it's putting out there for young minds and that can put you up for a fall and it devalues things too. It's like saying you're unacceptable unless you're incredibly thin and or incredibly rich. So, if you stand in your truth, there's nothing to attack. And some people don't realise their strengths and subject themselves to the same cruel judgements and unrealistic judgements that they've learnt from society, the media and even sometimes friends and families who are often just encouraging them to be the best they can be but maybe not expressing it as well as they could.

TLP: How important is being creative to you? AL: Well, obviously it's in my life and it's been important to me in many respects and it's led to a way to grow and to lead, fuller richer life's. There's something about the courage it takes to be a creative person, to actually take the chance and put it out there, to put yourself on the screen or on the page. To actually say, 'This is who I am' and take that risk that someone might shoot you down or you might fall flat on your face. So, yes, that courage to express ourselves is incredibly important and that's something that I take directly from the creative life. You don't create in a vacuum so, to allow things in like that, that takes a lot too. You create from all you've allowed in, all that life that you've allowed to touch you, to penetrate and move you and inspire you and that's another reason that gives it value as a way of being. To not be armoured up, to be open and in response and to be moved by life. So there's lots and lots of things I think about in regard to creativity that enriches ordinary, everyday living.

TLP: You've been that way since the beginning. Is that part of your brief to clients or patients, to open up to the possibilities?

AL: Absolutely. Yeah. Absolutely. Everybody's got their own journey and some people are only too aware of the possibilities. I work with lots of different kinds of people from lots of different creative areas and with people also who would

probably not consider themselves creative but as far as that goes, creativity, I think we all are. I think it's innate but sometimes some of us may lose touch with that side of who we are. So yes, part of what it is all about is to re-connect with that creative source.

TLP: It must have been a great thrill for you, when you got into acting, to be surrounded by all those like-minded and creative people. AL: Yes, it was and always is. Now I get to work with people from across the board. All kinds of people...I think the work people do in therapy is incredibly creative. That's probably the most creative work there is, to work on our own selves and lives.

TLP: If you're dealing with people that suffer depression, is that something that could be looked at as self-indulgence or, as we were talking about, a failure to communicate? AL: I do deal with people who suffer depression. As far as serious depression goes, clinical depression, most of those people would probably go to someone who can prescribe, so I tend not to see people who are in deep, clinical depression but i certainly deal with people who would say that they themselves were depressed. From my point of view, I think of depression as, if it's not referring to clinical depression then it's sometimes just a socially acceptable way of saying more vulnerable words like sadness or grief or disappointment or, as you were saying, just having lost touch with that meaning, that creative self in life. The process is different in each case, there's no blanket treatment that is provided to everyone because that wouldn't work. I mean, there's a sense of isolation that people can fall into when they're struggling with personal issues. There was a time, I imagine when people going through that would've had someone in the community to turn to and these days, people like me have become that "someone". The neighbour over the back fence or the old lady on the corner or your Auntie. May be we have romantic notions of how it was then, I don't know but the idea is, somehow, you shouldn't have to come to see a psychotherapist to work through things. TLP: Happiness for you is being creative and I guess, getting out and enjoying yourself, so how do you do that?

AL: Good question. I haven't had a lot of time to myself lately. I'm on leave at the moment so I have to work out just what do I do when I'm doing "nothing". But, I have a wonderful son who's 22 now, I have a gorgeous staffy dog who requires a massive amount of running and playing in the park and friends who I don't get to see nearly enough...just normal things really. I don't have any brilliantly creative hobbies. I do spend a lot of time thinking, reading, talking

TLP: Perhaps you should do your autobiography. AL: Yeah, I'll do that in the next couple of weeks. A Conversation with

Peter Corlett is a leading Australian figurative sculptor. In the past 40 years he has completed over 30 major public sculpture commissions. Best known for his full-figure portrait sculptures cast in bronze, his earlier abstract works and 'supra-realist' works of the 1960's - early 1980's in concrete and fibre-glass are also found in local and overseas galleries and private collections. He created the Australian Light Horse WW1 memorial sculpture unveiled in 2008 at Be'er Sheva, Israel.

Peter's work, whether the Casterton Kelpie, Phar Lap, Simpson and his Donkey, or supernatural's such as Pegasus and Fortuna, and his human subjects, is inspired by his grasping for the mythic archetype. His creative struggle is aided by technical skill gained over many years and collaboration with Meridian Sculpture Founders, Fitzroy, in Melbourne.

TLP: Hi Peter, what have you been up to lately? Peter: Oh well, lately I've just finished a work and had it unveiled of two of our greatest Prime Minister's, Curtain and Chifley, in Canberra. It was based on a famous photograph taken of them in 1945 walking to work from the Currajong Hotel, where all of the Labor men of those days hung out. It's in the parliamentary triangle about half a kilometre from the old Parliament House and the brief was to turn the photograph into a sculptor.

TLP: That's the photo that was in the press, with Prime Minister Gillard.

Peter: Julia unveiled it mid September. TLP: Are you particularly proud of that work. Peter: Yes I am, I'm very happy with that work

and I'll be doing the follow-up work to set the balance, I guess by doing Bob Menzies. I'm just starting on Bob Menzies.

TLP: You've got the statues of Victorian Premiers outside Treasury Place.

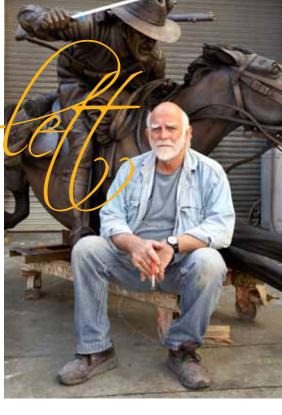
Peter: Underneath the Premiers window! TLP: You've got sculptors all over the place, around the world. What is it that drives you to

Peter: First and foremost I'm a portrait sculptor. It's interesting because I was trained to be an abstract sculptor but, um, I was brought up by my Mum, mainly... she used to read me stories about Michelangelo and other such stuff so this was ingrained with my baby milk. So that was very profound, obviously. I went off to art school... too young, I was 15 when I went to art

school, a bit precocious, eager to get ahead and do stuff and get on with life as you are at that age or most are and I was trained by, my main teacher was Lenton Parr, a renowned abstract sculptor, pure abstract. I was pulled the other way and became more and more figurative as time went by. So I see myself primarily as a portrait sculptor, I like to tell stories about people and I try to get in, under their skin so to speak that may reveal something significant about them and through that a link with other people so that they can experience something. It's all lead to a lot of memorial works that has grown from my father's side you could say as well as teaching me a love of tools and material, which is what he did. He was a very gentle, compassionate man himself, which, when you consider his war experience, I suppose you could become violent or gentle because of your experiences. So, the questions that weren't asked when I was a small boy, the questions that were avoided, have raised in me a permanent inquiry into the nature of post traumatic stress disorder or shell-shock as it was known or whatever you want to call it. His war experience was rather horrendous.

TLP: Tell us a bit about that. You'd actually gained some inspiration through your father's experiences or what you imagined them to be, for your memorial work.

Peter: Absolutely. I discovered that my father served in the 4th Machine Gun Company in the first battle of Bullecourt in 1915. When I inquired into this I found that he was one of 15 men out of 115 who survived the battle. Something like that but virtually he was one of the 10 per cent survivors from that particular battle. You can imagine the machine guns would've been put in exposed positions so they could get a good field of fire and of course all the enemy artillery would've been aimed at them so it's not surprising that thye had high



casualties and it was absolutely amazing that he was sane at all. After the war he went up to Red Cliffs and was a soldier settler up there, which was a disaster for most of them.....they all sold out to the neighbours, the one's that had a bit of family money to make it viable. He then went off and worked on a, some sort of sailing boat, all around the New Guinea waters and ended up as an overseer on a copra plantation in New Guinea for many years. It wasn't until after, or during the Second World War that he met my Mum and settled down. She was a Sydney girl and he met her somewhere around the traps. It was a long time after the First World War that he bothered to settle down and when I was conceived he was 47.

TLP: An interesting life. The sailing bit, did he have an interest in sailing?

Peter: Not particularly. I think he just wanted to wander and lose himself. Up at Red Cliffs he used to tell a story about going into the pub and he presented it as proof that horses were better than cars. You could get out of the pub, get in your little jinka, aim your horse for home and go to sleep and when the horse would get to the gate, it would stamp it's foot, make the jinka jump and you'd wake up, open the gate and you'd be home. Now, my Dad, I never saw him drunk. He'd have a beer at night, a beer at Christmas time but never too excess in any way but he was an alcoholic. He'd drink every night and, from the pub, rely on his horse to get him home every night, like you would your best mate. I loved my father very much. He was gentle and compassionate. My mother was the fiery one who'd occasionally give you a clip around the ears, never Dad. And the more excited she got, the more quiet and steady he got. So there was great love in the family but you think of the war and that experience and the fact he probably did have post-traumatic stress disorder, although by the time I came along it was well mitigated. Probably my coming along and my sisters and his marriage to Mum probably was the best panacea of all.

TLP: Did he seek out his own company often? Peter: He was a quiet man who would spend a fair bit of time by himself, doing things around the house, adding on rooms and building things. He didn't have a lot of friends that would come around. He had a few old wartime friends but once again that was sanitised, there was no sharing of stories in our presence. So, he didn't have a lot of male friends, he focused on the family.

 $\ensuremath{\mathsf{TLP}}\xspace$ Your work as a sculptor. Did some of that come from him?

Peter: My mother always wanted to go to art school but wasn't allowed because it wasn't "lady-like". This was for her, Sydney in the 1920's and there was some scandal around at the time about painting nude ladies, that gut that used to paint the big breasted nymphs, my mother always blamed him for her not going to art school, Ha.

TLP: Your mother must've been very happy for you then when you went through with your desire to be an artist.

Peter: I was a bit limited. All through primary school I was the second or third bottom kid in the school or level. The kid who was bottom should've been in an institution so, he was a real case. I was dyslexic but that wasn't recognised until I got to sixth grade. It was a bit late by then, I'd been beaten around the classroom many times with the blackboard ruler, you know, because I couldn't read the poem out to the class. No-one asked the question, "Is it because he can't read?".

TLP: You must've been rapt to get into an arts

Peter: Yeah, well, I was booked into Wesley when I was born, it was my Dad's old school but we realised it was no good sending me to Wesley so they sent me to Brighton Tech and in two years time I was second top of the school because I wasn't being tested on English. I'd managed a bit with the reading by then but all the subjects like solid Geometry and Sheet Metal work was great, I had this basic intelligence but not in a literary sense for reading. So all the other things that the other kids were struggling with, I kept getting 100 per cent for.

TLP: You must have gained a lot of confidence from that.

Peter: Yes, indeed. That's when I became, quite pushy, I suppose in the sense I decided I could go to Arts school at 15. Looking back, I was too young. I was too immature.

TLP: In the past 40 years you've had over 30 major public sculptured commissions. Do you remember the first one you did that was accepted.

Peter: The first commission I ever did was for the Industrial Design Council of Australia. It had



just been set up and was a new organisation and I think it was the second exhibition they ever mounted. They wanted a big head, an eight foot high head. An androgynous, sort or nondescript head and they commissioned me to do the head for them and I modelled this big head for them caste in fibreglass and that was the first one and that was followed a year or two later by the one behind me here, Tarax Play is the title, that was '68 or '69. It used to be at the Art Gallery in St Kilda Road, the National Gallery of Victoria in the garden there but they changed their policy a few years back and it's now been moved down to McClelland Gallery near Frankston. It looks good down there. That was a huge commission at the time. I started art school in 1960 so it wasn't too long after coming out of art school. It was the equivalent of 4 terraced houses in Carlton at the time.

TIP Phew!

Peter: So, yeah, \$43,000 it cost, which sounds like a lot but, of course, it's small change these days. 4 terrace houses in Carlton now, what ? \$6 million. So I thought I had it made but I fell in a hole afterwards, there was just no more work...Ha. TLP: Is art life for you?

Peter: Yes, I suppose I think about it all the time, so yes. I might be running around organising insurance for a commission but it's all part of making it.

TLP: Is being an Australian a strong part of all you do in art?

Peter: No, not really. I was once interviewed on SBS radio in the context of memorial works and the question of 'mateship' came up and 'didn't I think mateship was a great thing'.....and I replied no, because I don't. It can be but it's also got a downside like anything and there's a great limitation in things like 'mateship' because it means you've got to conform to a certain code of principles and sometimes they're not the highest one's. You can be pushed down by examples of this 'mateship'. They were quite surprised by my response. It's the wrapping yourself in the flag business that is unattractive to me. It's important but can be superficial too.

TLP: There's a great compassion, Australiana, pathos maybe with your work......

Peter: That's I guess because my subjects are Australians but it is personal and more of trying to reveal things about the people. If the people... I mean, Bolte, he's very Australian in many ways. He personifies much of the image we have of ourselves I suspect and so, if I do a probing, revealing portrait of Bolte, it links to all of us and we can find bits of ourselves in that. And the work of Simpson, he's a Christian icon almost like Christ coming into Jerusalem.

TLP: What about your work on another Australian icon, Phar Lap.

Peter: Well, it wasn't straightforward, that's for sure. First of all, I had to make a horse that was right for the people that know about horses but I also had to make a God-Horse, a sublime horse. Maybe I didn't achieve it but I got close to it. The greatest horse I know is the one in the Athens Archaeological Museum. It is the archetypal horse, I tried to invoke that and out do that in my piece I did at Be'er Sheva, for the charge of the Australian Lighthorse, to really capture this sort of savagery that a horse has, sensitivity as well... incredible animals, and that's what I was trying to do with Phar Lap, to create this god-horse, one that the ordinary men in those hard times of the depression were prepared to gamble their money on.

TLP: At Flemington, Phar Lap.....? Peter: That's right, and I've got Bart Cummings out there as well, to keep him company. TLP: A lot of people admire your work but not all know it's you that has created these great

Peter: That's kinda nice and the way it should be. I want people to love my work, not me. TLP: Your works have a great sense of wonder about them. How real are they to you? Have you been known to talk to them?

Peter: I may have spoken to a few of them but they haven't answered me back! I abuse them sometimes, when they're being difficult! TLP: Mate, it's been a pleasure.

Another 14 day gap and Black Caviar Black Caviar stands on the cusp of equine super recorded her first Group 1 win with a world-class stardom. The Newmarket Handicap, Australia's

The 18th of April, 2009. That is where the tale of Black Caviar began. And like the rest of her career, it began with a win in the Cromwell Handicap at Flemington by a widening five-lengths..

Ridden by Perth apprentice Jarrad Noske, the pair produced a perfect result for their joint debut at Flemington. "This might have been the start of two good careers", observed Black Caviar's trainer, Peter Moody.

How right he was. Never headed in either barrier trials or in a race, Black Caviar has gone on to establish herself as the highest-rated sprinter

A fortnight after her debut win Black Caviar demolished males in the Blue Sapphire Stakes (Listed) at Caulfield, leaving subsequent stakes winners Demerit and Carrara six-lengths behind.

Three months off and Nelly was back, resuming in the Arrow Training Services Plate (Listed) over 1200 metres at Moonee Valley and the result was never in doubt, Luke Nolen enjoying an armchair ride on his first competitive ride on the filly.

The boys got another beating at her next start but it is the closest she has come to being beaten when pushed by subsequent Newmarket Handicap (Gr 1) winner Wanted in the Danehill Stakes (Gr 3) at Flemington.

It was this race that caused a flutter. Such was her exuberance to start, Black Caviar blundered the start and tore chest muscles so the narrow winning margin is explained.

Four months away from the track and Black Caviar resumed against older horses in the Australia Stakes (Gr 2) at Moonee Valley, leaving Here de Angels chasing shadows as she coasted home two and a half lengths clear.

Another injury enforced layoff saw Black Caviar away from the races for eight months. If her rivals were hoping time away had dulled her brilliance they were to be disappointed.

Returning in the Schillaci Stakes (Gr 2) over 1000 metres at Caulfield, Black caviar was untroubled to defeat Winter King by one and a half lengths and she was even more devastating 14 days later when putting Sydney's favourie mare Hot Danish firmly in her place with a five and a half length romp in the Schweppes Stakes (Gr 2) over 1200 metres at Moonee Valley.

performance to destroy Group 1 winners Star Witness, Ortensia and All Silent in the Patinack Farm Classic (Gr 1). If the four length winning margin was not enough to convince pundits of her brilliance, the final race time of 1:07.96 with a last 600 metres in 33.36 confirmed to everyone present at Flemington that they had witnessed a world-class performance.

Three months away and Black Caviar made her first start in the Coolmore Lightning Stakes on February 19. Pity poor Hay List. The John McNair-trainee has been undergoing counselling since his three and a half length thrashing in the time of 57.20. A final 600 metres in 32.95 with Black Caviar easing down to pose for photographers allowed Hay List to get within three and a half lengths of her.

premier sprint race, was hers for the taking. With a record weight too and conceding Golden Slipper winner Crystal Lily 8kg. She would have broken the race record had Luke Nolen not been so kind and let her ease down as though it was a track gallop.

Black Caviar then went on her Australia road show - taking out win number 12 in Sydney in the Group 1 TJ Smith Stakes, and what many describe as one of the most memorable days at Doomben racecourse she racked up win number 13 in the BTC Cup. To the delight of the huge crowds that came just to see the horse rated the best in the world.

Now 16 from 16, Black Caviar has continued to treat smart speedsters with sheer contempt, taken care of by jockey Nolen whose only instruction prior to the Newmarket Handicap was to not hit her with the whip.

NEVER HEADED IN EITHER BARRIER TRIALS OR IN A RACE, BLACK CAVIAR HAS GONE ON TO ESTABLISH HERSELF AS THE HIGHEST-RATED SPRINTER IN THE WORLD.



MELBOURNE CUP RESULT THAT LEFT **US WEARY**

By Martin Flanagan



Blue and I have a bet each year on the Cup. Australia's greatest race now has more reason for Blue and I to remember.

We met in Thailand in 1985 on a tour by former Australian prisoners of war of the Burma Railway. Blue, a private, was Weary Dunlop's batman. Weary was a lieutenantcolonel, but to talk about one without the other is like talking about Burke without Wills or Butch Cassidy without the Sundance Kid.

Blue arrived in Australia in 1938, an 18 year-old bricklayer from Yorkshire who answered to the name of Milton Butterworth and had red hair. One of the first Australians he met said, "You're Blue". Why, he asked. "Because you're red." Blue met Weary during the Allied evacuation from Greece in 1942. In the chaos, they got split up. Weary ended up in Tobruk during the siege. Blue crossed North Africa alone in war-time conditions to meet up with him.

The Burma Railway was only 400 kilometres long but 100,000 men died building it. The Australian doctors were generally magnificent but Weary was special. Ray Parkin, the former Chief Petty Officer on HMAS Perth who survived the Burma Railway and wrote a trilogy about the experience, described Weary as "the eternal undergraduate". A former Wallaby forward, Weary said war made him "run at full stretch". He was an adventurer by nature and most of the risks he took, Blue took with him.

In 1985 in Thailand, Blue and I roomed together. We got on. We had the same view of Weary and with time we found we had a second connection. Blue's great mate from the Burma Railway is peace activist, pioneering environmentalist and former Minister in the Whitlam and Hawke governments Tom Uren. Tom and I wrote a book together, The Fight, about the long fight of his political life which continues to this day.

Blue lives in Woy Woy, New South Wales. We don't get to see one another much but each year we have a bet on the Melbourne Cup. It's a way of keeping in touch. Blue actually knows a bit about the horses and last year, at his direction, we backed Americain and won \$140. This year, Blue was in hospital. Tom Uren rings and tells me each time Blue goes into hospital which has been more frequently of late. Of the 21,000 Australians taken prisoner by the Imperial Japanese Army, only one in

three survived - today, only a few hundred remain. Blue was using a breathing device when I rang but took off the mask to say he thought Americain would win again. Ten dollars, each way, he instructed. And he wanted to bet on No.12 – he couldn't remember the horses name - but he'd noticed it was trained by a bloke called Edward Dunlop. That's Weary's name. We both laughed at that. When I got home I found the horse's name was Red Cadeaux.

The morning of the Cup I went to the TAB and put \$20 each way on Americain and \$5 each way on Red Cadeaux. I watched the Cup on TV at home. The spectacularly vacuous young women making "statements" through their costumes all seemed to be making much the same statement to me, but I enjoyed the hour or so before the race as the pressure began to build.

I started to worry about Americain when injured jockey Glen Boss, of Makybe Diva fame, said that carrying a weight of 58 kilograms meant Americain would have to stay close to the leaders the whole way - it'd be hard to produce a big sprint at the end. No one mentioned Red Cadeaux. Betting on him seemed one of those silly gestures you make on Melbourne Cup day.

The race was a funny affair. Early on, the pace was slow. The Cummings horses tested the field but got to the lead too early. The race was still a half-run affair when they straightened for the post. Then Red Cadeaux, the horse no one gave a chance, made his run and poetry started frothing through my brain.

Weary's favourite quote, from George Bernard Shaw, was about life being "no mere candle" but a torch to be held aloft for future generations. Of course, on such a feted occasion, something was going to happen and, for one mad and vivid moment with only two furlongs to go, Edward Dunlop was in front! I was shouting him on, but a wildly desperate Dunaden got to him on the line.

Commentator Bruce McAvaney said the result will be talked about forever. Blue and I won't be forgetting it. I rang him after the race, he took off the breathing mask and we laughed about seeing Weary in the Cup.

My shoulder was slowly getting better so I thought it might be time to ease back into some surfing and see how it felt. I had a set of rules. Firstly- paddle wide of the breaking waves and oncoming surfers and secondly, sit and wait for a wave to come to me instead of paddling up and down the point.

I knew this was a sure fire way to tire my shoulder out and I knew that once I got tired, the chances of me pinging my shoulder again would be pretty good. So I paddled out slowly, found myself a spot in the line-up and waited. Sitting wide of the breaking sets at National Park Noosa, soaking up the sun and drifting in front of a palm lined headland has a certain charm anyway. When I got back to the beach around two hours later it all felt good.

The hours of strengthening exercises and sweaty contortions seemed to have done the trick and over the coming weeks I gradually eased myself into larger waves, but stuck to my set of rules. My biggest worry was paddling to catch waves. That's when I had to power myself over the top of the wall and down the face before I got to my feet, and I knew that that my biggest risk lay in those few powerful strokes. The last thing I wanted was for my shoulder to clunk again and I'd be out of the water for another six or so weeks- which I couldn't afford to happen because in three weeks time my son and I were off on a surf trip to the Maldives. The thought of sitting in the tropical sun watching perfect waves break down the edge of a coral atoll with a lifeless left shoulder would be torture.

The crystal blue waves of the Maldives were discovered in the early seventies by two Australian surfers en-route to the Seychelles on a very dodgy schooner. Their adventure came to an abrupt end when, late one night their boat was wrecked on a reef in the middle of the Indian Ocean. Daylight brought a scene from a surfers dream. The horizon was dotted with small palm fringed atolls floating in waters of the richest sapphire blue. During salvage operations they found that the atolls were also home to a dozen or so world class surf breaks. They kept the secret of the Maldives to themselves for nearly a decade but eventually the story leaked out. The fantastic warm water waves of the Maldives now attract surfers from all around the globe. It's an intoxicating surf destination

I knew that once I arrived there that I had to stick to my set of rules- exercise each morning and night, paddle wide, and wait for the waves to come to me. A sprung shoulder wouldn't be a lot of help trying to paddle against the currents that rush through the gaps between the atolls when

the tide starts to race. Try something like that with only one good arm and you're likely to end up in Sri Lanka a month or so later. I'd warmed up on the waves of Lohis, the break on the tip of the island of Huduranfushi where we were staying. My shoulder felt good so we decided to catch the boat down to a nearby break called Sultans.

It didn't look like the surf was going to be big, so the sight of a half a dozen broken surfboards piled under the shack next to the boat check-in didn't give me any reason to worry, and our first view of the waves of Sultans did nothing to change my mind. Shoulder high, blue-throated waves breaking over a coral reef. No sneaker sets. The waves looked fun.

We'd spent half an hour or so in the water and my son and I were enjoying the warm water and the view of luscious waves as we idled back out to the take-off. We decided to paddle up to the outside takeoff and see if we could ride all the way down the reef. Waves that break on reefs in the open ocean don't always follow the rules. They travel from distant storms. They arrive at weird times and from weird directions, so it was no real shock when we paddled over a couple of tiny waves and saw a set swinging in from a different angle. We paddled over a smaller swell and got our first look at what was coming.

It was the set of the day, all beautiful blue green and crystal- the kind of wave that you longed to paddle into. It wasn't the biggest wave I've ever seen but it was overhead in size and it was heading straight towards us. It didn't take long to realize that there was no getting around this one and I knew that my shoulder wasn't up to the kind of thrust I would need to push the board down into the safety of deeper water.

The wave stood up and started to peel towards us. The lip looked like a sheet of cracked glass as it pitched over, and we were right in the impact zone. It was going to land right on top of us. I took a quick look around; half stood on the deck of my board then dived to one side, relying on my new leg rope to do its job. I dived deep and opened my eyes to check that there was nothing unpleasant below me like a shallow patch of reef or a coral niggerhead. The water below the turbulence was crystal clear and deep enough to be safe from the turmoil. I gave two big sweeps with both arms and headed back to the surface. The other surfers, my son among them, were spluttering cursing and climbing back onto their boards, so I turned shoreward and looked for my board. There was no sign of it, it was still submerged. I pulled my leg up to give the leg

rope some slack which would let the board bob back to the surface when suddenly I was being pulled back under the water. The rolling and tumbling white water still hadn't finished with my board. I took a quick breath as I went under then half swam back to the surface, expecting my board to pop up. It didn't. It was still being rushed shoreward. Before I could take a full breath the submerged board dragged me back under, but this time deeper and with more determination, and no matter what I did I couldn't get back to the surface.

Great! There I was being dragged along under water, breathless and starting to feel just a little bit antsy about it. So I swam down and grabbed the leg rope again and pulled hard trying to get some slack into the rope so that the buoyancy of the board would take it back to the surface. After what seemed a couple of hours underwater I spluttered back to the surface and pulled the rope again, and there it was, the red and white nose of my board slowly bobbing into view. I dragged it towards me and turned to see what was coming. Oh no...there was another wave on its way and it was going to land on me just as ferociously as the first wave had done, but this time I was tired and



By Murray Walding

THE WAVE STOOD UP AND STARTED TO PEEL TOWARDS US. THE LIP LOOKED LIKE A SHEET OF CRACKED GLASS AS IT PITCHED OVER, AND WE WERE RIGHT IN THE IMPACT ZONE. IT WAS GOING TO LAND RIGHT ON TOP OF US.

didn't have a board to launch from. I pushed the board away and duck dived. I didn't worry about checking the bottom and shot back to the surface as quickly as I could, only to find this nightmare was about to repeat itself.

No board to be seen, just a violent tugging on my ankle and down I went again. I wasn't going to stuff around this time. I swam down and grabbed the ropemaybe it was tangled around some coral. The rope felt different in my grip but I tugged as hard as I could, then headed back up for air. Only to be dragged back under-two more times. My board was 'tomb stoning'the nose pointing towards the surface while the tail was being held under water and dragged shoreward with me as a sea anchor. It was time to swim down again, undo the ankle strap and let the board go. I could worry about swimming in over the coral later. Then the wave decided it had had enough fun and let

and my board popped back up. I swam ov to it, took a few deep brea and climbed gratefully back onto the deck then sat up. I started to pull the rope in and there was no doubt about it, something did feel wrong. The leg rope seemed to take ages to pull in and it felt well, a little thinner. I looped it around my wrists until I had it all in then had a good look at it. When I jumped off the boat an hour before it had been a brand new seven foot cord but now it was almost fifteen foot long and as thick as number one spaghetti. It had stretched to more than twice its length.

The new leg rope was the highlight of our trip back to Huduranfushi. None of the other surfers had ever seen a rope stretched that long, and for the rest of our holiday, the leg rope and I were cause celebres on the island. People took photos of it. They examined it closely and spoke about it in hushed tones and when I got home the manufacturers gave me a replacement. All I need now is a replacement shoulder.

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WHATEVER HAPPENED TO THE TOWN CRIERS?



The Town Criers were a popular Melbourne band formed in 1965. Their former lead singer, Barry Smith talks with The Last Post TLP: Hi Barry and thanks for joining us at The Last Post magazine. What was happening with you before joining the Town Criers? Barry: Ha. Let's see, let's go back. At 14 I left Marion High School to take do a apprenticeship working with my Father as a plumber. It lasted 2 years...I simply couldn't see myself spending the rest of my working life in that profession. In those days they were paid very ordinary wages for very hard and dirty work and now i believe things have improved and they're rewarded handsomely, as they should be! I then laid lino and floor tiles for a year and my last job was working at Tyree Industries, they made electrical transformers in Paringa Park, in Adelaide and painting machinery & other odd jobs, before getting the invite to audition for The 'Criers.

TLP: Had you worked much in bands before that ?

Barry: I'd been playing bass in a band called "The Beque" since i was 16 and when our singer John Scott was too drunk to perform one night the guys elected me to take over the lead singing role and we got another bass player in, Gerry Redmond. I then could no longer hide behind our singer and my bass guitar, ,which i found extremely daunting, but i knew it was a great opportunity, so i worked on trying not to let the audience know that I was almost literally soiling my underpants. The band changed it's name to "The Telegraph" once we had this new line up and this was around early 1968 I guess.

TLP: And then The Criers ?

Barry: Yep. One evening in October <68 I received two phone calls from Melbourne. One from the bass player of The Town Criers, Mark Demajo and the other from their manager Peter Goodman informing me that they were looking for a new lead singer. I had been recommended by Rob Taylor who was the lead singer of «The James Taylor Move». They were from Adelaide too and making a name for themselves in Melbourne. They boasted Kevin Peake (later to find international fame as lead guitarist with Sky and bass player Alan Tarney who later wrote songs like «Its so funny how we don't talk Anymore» for Cliff

Richard and «Cool for cats» for UK Squeeze. So there was some pretty full-on talent going around. Apparently The Criers & The JT Move were doing a gig together. The Move had their guitar stolen & asked The Criers if they could borrow one of theirs. The Criers obliged and The Move expressed their gratitude by saying «if there>s ever anything we can do for you guys etc». The Criers said «we>re looking for a lead singer, do you know any?» to which Rob Taylor replied «as a matter of fact I know a guy back in Adelaide called Barry Smith who i reckon would fit in with you guys very well»... shortly after, I received the call. The Criers had asked Darryl Cotton if he>d heard of this Barry Smith, as Darryl had only recently came over from Adelaide too. His reply was something along the lines of «Oh yeah Barry, yeah ,he>d be great if you could keep him out of the pub!» At the time that was probably not an unfair call. Darryl also went to Marion High School and played in the under 14s cricket side in which I was Captain of.

TLP: So, did you grab it with both hands? Barry: As it happened I was catching a train with a mate (John Arbon,5 sided Circle) to Melbourne that weekend for a look around it was a long weekend. I packed enough clothes for 3 days and to cut a long story short I got the gig and was informed that I was required to start straight away. They, or by then 'We' had a gig on Channel 10s «Uptight» booked for the following Saturday morning, so I rang my mother and told her I wouldn>t be coming home and could she inform my work. I didn>t get back to Adelaide for about 6 months when the band was booked to play at «Big Daddy's» in Gawler Place. This was also quite a daunting experience as I knew many of my old friends and people I>d hung around with would be there. I had a few too many drinks that Saturday afternoon at my folks place to try and calm my nerves before that terrifying gig and when The Criers came around to pick me up for the gig they had to break in as my folks had gone out and saw that I was "flaked out". Chris, the drummer proceeded to give me mouth to mouth...I assure you, I woke up VERY quickly! TLP: Yes, well I'm sure Chris is a nice bloke but as a band, you weren't that close? Barry: Er, no. In those days Adelaide was well

Barry: Er, no. In those days Adelaide was well ahead of Melbourne and the eastern states in terms of fashion and music. Mainly due to the

English migrants who'd settled mainly in a town 20ks North of Adelaide called Elizabeth. Bringing with them the trendy Carnaby Street and Mod fashions of England and many wonderfully talented musicians & singers. TLP: It was halcyon days with great live acts happening all over and the radio playing such great new music, you didn't want to turn it off. I was just a kid but can you name a few? Barry: Bands like The Twilights, Y4, Vibrants, Blues, Rags & Hollers, James Taylor Move, Masters> Apprentices, Zoot and many more were making their way over to Melbourne, as it was the music capital with Armstrong's Recording Studios and TV shows like Uptight & many more dances & clubs to perform in. TLP: As your drummer was prepared to give you mouth-to-mouth, they must have held you in high regard. Did you bring a new vibe to the

Barry: I knew the Criers needed a musical and image facelift and I had strong ideas in these areas. Fortunately they had an open mind and took a lot of my ideas on board and with Sam Dunnin aka Melamed their lead guitarist developing into a fine polished songwriter, our popularity grew rapidly and we tasted our fair share of recording and general musical success with many wonderful highlights.

TLP: Were members being approached to join other bands?

Barry: We had a great keyboard player at the time (John Taylor) who shortly after I joined left to play bass with «Daisy Clover». John was very kind to me and accommodated me for a few months at his parents place while i found my feet in Melbourne. After he left we found we had a tougher rawer sound, with Sam on Lead Guitar & vocals, Mark Demajo on bass & vocals & Chris Easterby on drums. So we decided to stay 4 piece. It all worked out. Beeb Birtles was also from Adelaide and he and I shared accommodation for the next few years,



In fact all my Town Criers & Beebs> Zoot years, we lived in St Kilda, Elwood, East St Kilda & Balaclava.

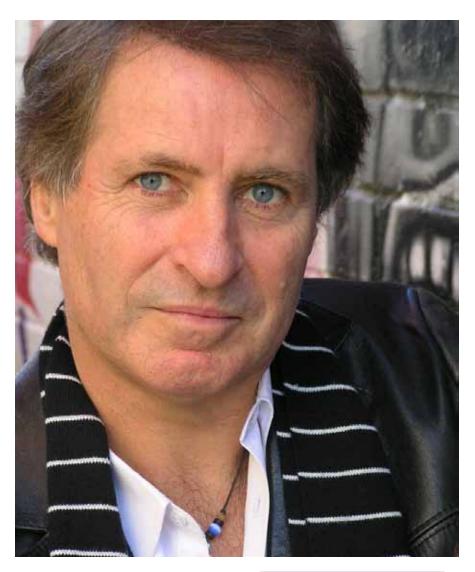
TLP: Those are areas a lot of muso's used to frequent back then. Did you and Beeb go back from your time in Adelaide?

Barry: Yep, I knew Beeb from Adelaide from the time he bought my Hofner bass and we got along extremely well because we shared musical influences as well as frequently partying together. But, as far as The Town Criers go, we developed an extremely large loyal fan club, which was vital in those times and we toured Australia extensively. TLP: How did the end come about ? Barry: In 1972, Sam decided to leave the band to pursue his new found Christian path and Mark decided Sam was irreplaceable and formed his own band, «Springwater.» Chris and I tried other musicians but eventually called it a day. Things moved very quickly back then and the times were changing with music developing a far heavier sound with bands sometimes playing self indulgent 10 minute guitar solos. Dances and clubs were closing down like a Domino affect. Pub Rock started happening and the time was ripe for a breathe of fresh air to lighten things up and bring some entertainment and joy back into the music industry. Fortunately that breathe of fresh air came in the form of «Daddy Cool.»

TLP: It was a great time with Daddy Cool that's for sure and I spoke with Ross in the Spring edition of The Last Post. What about some of the highlights for you Barry? Barry: As best as I can remember, the high

points in The Town Criers career would have been supporting The Beach Boys at Festival Hall in Melbourne. That was great. Playing The Myer Music Bowl with acts like Doug Parkinson, John Farnham, Johnny O'Keefe, Johnny Chester, Masters Apprentices and Ronnie Charles in 1969. The group received recognition and that's something that has always meant a lot to me and the others in the band. The Town Criers were voted in the Go-Set Pop Poll top 10 groups in Australia 69, 70, 71. Back then, the scene was always changing but we were a constant for that time. Learning our single «Living in a World of Love» penned by Sam had entered the top 5 in The Tokyo Charts, that was a positive thing that made us feel a million dollars. Yeah and we also became the





resident band on Happening '70 or '71. Also, it was a blast going back to Adelaide and breaking the attendance record for a gig at Marion Shopping Centre. In my home town, too! When Sam's song, our single, «Love Me Again» reached No 2 on 4IP charts QLD, yeah, that was a big time up there for us too. Reforming was a great vibe too, in '96 for "The last Great 60s Show". Festival Hall & Battle of the Sounds concert in '97, Sports & Entertainment Centre. TLP: Thanks Barry, I mean, it would be great

to see it happen again.

Barry: We never say never but who knows what the future will bring.

TLP: Oh, before you go. Talking about the future. New Years Eve, someone told me you're fronting a band called Mid-Life Crisis at the Sandy Hotel?

Barry: That's right, someone's been talking. MLC for short at The Sandringham Hotel right on the beach there, new years eve. It's going to be a great gig so pop along.

The Town Criers singles were:

Everlasting Love

- reached No 2 in Melbourne.

Any Old Time (you>re lonely & sad)

- No 20 in Melbourne
- Love Me Again
- No 13 in Melbourne No 2 in Brisbane.
- (was released during record ban in <69 reached No 20 in Melbourne and charted Australia-wide without airplay & No 2 on Tokyo request charts.

TV Shows:

Turning On

The Bert Newton Show

Everybody Inn

The Tommy Leonetti Show and others

In a land of sweeping plains, is hardly thriving

By David Campbell

Homecoming 1

My Dad went off to fight a war and left my Mum and me; he said that he was duty-bound to keep our country free. We watched him marching through the town, his head held high and proud, we cheered them long and loud. A final wave, the train pulled out and vanished down the track. My father went to fight a war... but someone else came back.

One April eve in autumn's haze when three long years had passed, I rode in from the lower field as daylight breathed its last. And there upon the homestead path a stranger walked alone, with shuffling gait and vacant stare... a man I'd never known. My mother wept and held him close, but I kept well away, for in those eyes was winter's chill... so bleak and cold and grey.

a man in love with life. but now this stranger, grim and hard, returned to son and wife. He hit the dogs, he cursed the world, I hid away, became a ghost this stranger could not see. My mother tried to catch his mood, to bring him back again, but nothing that she said or did could ease his inner pain.

Homecoming 2

He sat and drank the whole day through, just staring into space, but all the thoughts that warped his mind were caught behind a face that never showed a hint of love, or hate or joy or fear... a pale stone mask was all we saw My mother rarely left the house, I thought her friends might try to help, but no-one ever came.

Perhaps they, too, were trapped by grief as men came back from war.. a host of husbands, brothers, sons who'd left some foreign shore rejoicing they were still alive, but deaf and dumb and blind, all haunted by the battlefield they thought they'd left behind. And so his pain was ours as well, we carried it around... a heavy cloak that stifled love

I worked the land as I had done the years he was away. My mother said: "It's up to you... While he just sat and drank his beer, that had no window, walls or door... just silent, burning rage. He seemed to fade before our eyes, consumed by fires within that stripped the flesh from brittle bones and ravaged fevered skin.

Homecoming 3

I found him late one summer's day, still sitting in that chair, his gaze fixed on the distant hills, his hands clasped as in prayer. He could not see the setting sun, nor hear the magpie's call, but in his face I glimpsed the man who'd once stood proud and tall. that he had found release, could also find his peace.

© David Campbell

HERE'S A CHALLENGE: NAME TWO AUSTRALIAN POETS. BETTER STILL, QUOTE A FEW LINES OF THEIR VERSE. NO? STRIKE OUT ON BOTH COUNTS? YOU WON'T BE IN THE MINORITY. WHICH IS A PITY BECAUSE ONCE A YEAR AUSTRALIA HAS A NATIONAL POETRY WEEK.

That's right, a whole week in which poetry will dominate the headlines, poets will be feted in their communities, thousands will buy poetry books, and queues will form outside poetryreading venues. Not.

Sadly, it won't happen. Poetry has been driven underground, largely ignored in this switched-on, Wi-Fi world. It's not part of dinner-table conversation, and the latest verses from a wordsmith are not on the lips of the general public.

Instead, poetry survives quietly in writers groups, the back rooms of a few pubs, and the pages of slim volumes produced by small, specialist publishers. Although the grey nomads wintering in caravan parks up north flock to hugely popular performances of traditional poetry presented by a wandering band of bush poets. But that's the exception. Over-all, despite the emergence of the verbal fireworks display known as the poetry slam, verse isn't thriving.

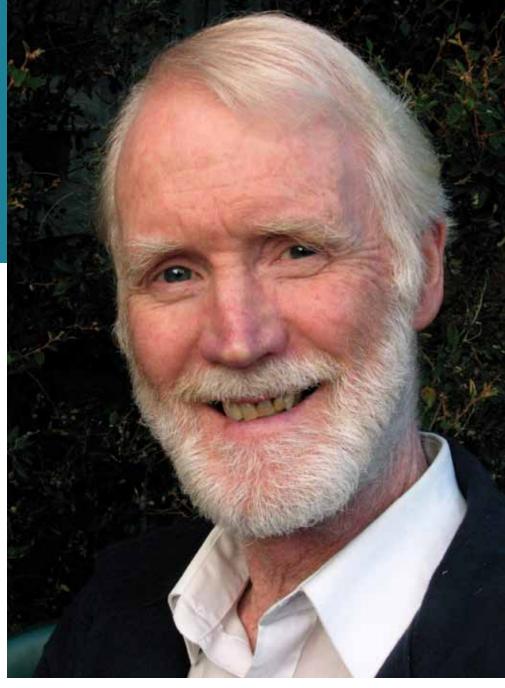
John Tranter, who has recently won The Age Poetry Book of the Year award, described the poetry scene thus: "Poetry has been with us, like prostitution, since the beginning of time and it's never been a very good choice of career."

We might wonder about the financial implications of this comparison, but in terms of public recognition it hasn't always been the case. C.J. Dennis, Banjo Paterson and Henry Lawson were well known in their day and their poetry was often committed to memory and passed on by word of mouth. In fact, I'd bet that those of you who were able to quote some poetry drew from their work, or perhaps from the second verse of Dorothea Mackellar's My Country:

I love a sunburnt country, A land of sweeping plains.

But that oral tradition is disappearing, and most who could complete the next couple of lines would probably come from those over the age of 60, dredging up memories from long-ago schooldays.

However, what if the challenge had been to name two Australian poets from the past 50 years and quote their verse? Would Tranter's name have come to mind? Or Les Murray, Bruce Dawe, Dorothy Porter, Chris Wallace-



Crabbe, Judith Wright, Peter Goldsworthy, Alex Skovron...or any one of dozens of others? Not likely.

Why has poetry slipped so far off the public radar? One of the most popular theories is that poetry is destroying itself with pretentious, incomprehensible verbiage.

Poet and critic Ian McFarlane, writing in the February 2010 edition of The Australian Literary Review, commented that "poetry today is unread because much of it is unreadable". He expanded on that with the observation: "Using metaphor and allusion to turn the screws on language to summon up a sense beyond the reach of dictionary definition has poetic validity, pushing a barrow of arcane bric-a-brac cloaked in wilfully suffocating obscurity does not."

I know what he means. Ploughing through a few acres of verse only to end up asking "What the hell was that all about?" is not a rewarding experience. Poets have a responsibility to communicate. Yoking together obscure references to impress a few peers is not the

future of poetry. It's reasonable to argue that reading poetry should require analytical effort, but when words are tossed onto the page in such a way that they defy comprehension then it's small wonder that interest vanishes.

Some blame generations of teachers for being afraid of verse, while others decry the trivialisation of poetry via such things as online poetry generators. All of these suggestions have some validity, probably operating in combination, and it has to be said that we are the poorer for it.

Good poetry can be a still, small voice in a complex world, a reminder that someone has been into the very heart of an emotion or experience and translated it into words that, if only for an instant, make us pause and think. Surely that moment is worth preserving.

So read a poem. Buy a poetry book. Australia has a great history of poetry. Let's try to give it a future.

David Campbell is a Melbourne writer and poet.

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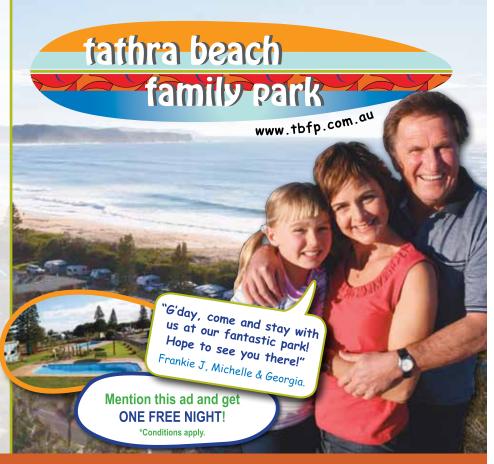
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